

Prevention of Lung Complications

Coughing, deep breathing, and turning are important to do following surgery.

Deep breathing and coughing will help you clear secretions that may have settled in your lungs during surgery. These secretions can cause infections such as pneumonia.

The Incentive Spirometer we will give you helps you take deep breaths, allowing the air you breath to reach the lower parts of your lungs. It also helps you cough deeply to move the secretions out of your lungs. This is deeper than just clearing your throat.

You should use your Incentive Spirometer during your entire hospital stay.

To use your Incentive Spirometer, place the white mouthpiece in your mouth. Inhale to raise the yellow disc to the level of the “smiley face”. Hold your breath for 5-10 seconds and try to keep the disc hovering at the level of the face. Exhale. Repeat 10 times every hour while you are awake.

