

誘發性肺活量計

Incentive Spirometer

Use your incentive spirometer, also called a breathing exerciser, to help you take slow deep breaths to open the air sacs in your lungs. This helps to reduce the chance of developing breathing problems, like pneumonia, after surgery.

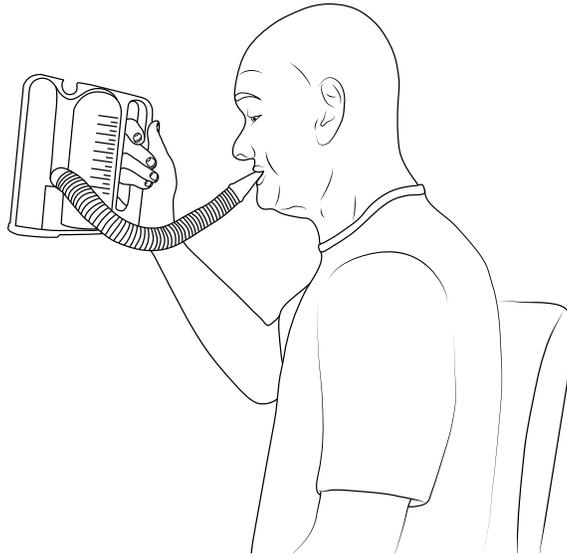
Do these exercises every 1 or 2 hours each day. You will do these exercises in the hospital and for 2 to 3 weeks at home as you recovery from surgery.

誘發性肺活量計，也稱為呼吸訓練器，是用于幫助您進行緩慢深呼吸，打開您肺中氣囊的一個裝置。這有助於減少手術後出現呼吸問題，如肺炎。

每天每1或2小時做一次這些練習。術後恢復階段，您將在醫院以及在家中進行2至3周的這些練習。

Steps for use

1. If possible, sit up straight. It may help to sit on the edge of a chair or your bed.
2. Hold the incentive spirometer upright.
3. Breathe out and then close your lips tightly around the mouthpiece. Take in a slow, deep breath through your mouth.
4. As you take a deep breath, the piston in the clear chamber of the incentive spirometer will rise. Breathe in slowly to allow the air sacs in your lungs time to open. Your incentive spirometer has an indicator to let you know if you are breathing too fast.
5. After you breathe in as deeply as you can, hold your breath for 3 to 5 seconds. Set the goal indicator at the level that you reached.



使用步驟

1. 如果可能，請儘量坐直。坐在椅子或床的邊緣。
2. 將誘發性肺活量計拿端正。
3. 呼氣，然後將嘴唇緊緊地貼住咬嘴。用嘴慢慢地深吸氣。
4. 當您深呼吸時，誘發性肺活量計透明腔中的活塞將上升。緩慢呼吸，讓肺部的氣囊打開。誘發性肺活量計有一個指示器，可以讓您知道呼吸是否過快。
5. 儘可能深地吸氣後，屏住呼吸3-5秒。將目標指示器設置在您達到的水平。

6. Take out the mouthpiece and breathe out slowly. Relax and breathe normally for a few seconds until the piston returns to the bottom of the chamber.
 7. Repeat these steps a total of 10 times. If you start to feel light-headed or dizzy, slow down your breathing and give yourself more time between deep breaths.
 8. After doing the 10 deep breathing exercises, take a deep breath and cough to clear mucus from your lungs.
 - If you have had surgery on your chest or stomach, hold a pillow or folded blanket over your incision. You will have less pain when you cough.
6. 取出咬嘴，然後慢慢呼氣。放鬆並正常呼吸幾秒鐘，直到活塞回到腔室底部。
 7. 重复这些步骤 10 次。如您開始感到頭暈或頭昏，請放慢呼吸速度，在深呼吸之間給自己更多的時間。
 8. 在完成 10 次深呼吸練習後，深呼吸並咳嗽以清除肺部的粘液。
 - 如果您在胸部或腹部做過手術，在切口處握一個枕頭或折疊的毯子。當您咳嗽時，您就不會那麼疼痛。

Talk to your doctor or nurse if you have any questions or concerns.

若您有任何疑問或擔憂，請諮詢您的醫生或護士。