



PERIOPERATIVE TELEHEALTH EVALUATIONS

INCENTIVE SPIROMETER PATIENT INSTRUCTION INSERT

Purpose

An incentive spirometer is used to encourage deep breathing and lung expansion after surgery. It helps support pulmonary hygiene during recovery when activity levels may be temporarily reduced.

How to Use Your Incentive Spirometer

1. Sit upright or as comfortably as possible.
2. Hold the spirometer upright.
3. Exhale normally.
4. Place the mouthpiece in your mouth and seal your lips around it.
5. Inhale slowly and deeply to raise the indicator toward the target range.
6. Hold your breath for 2–3 seconds.
7. Remove the mouthpiece and exhale normally.
8. Repeat 5–10 breaths per session, as instructed by your care team.

How Often to Use

Most patients are instructed to use the incentive spirometer every 1–2 hours while awake after surgery. Follow the specific instructions provided by your surgeon, nurse, or healthcare provider.

Important Safety Notes

- Stop if you feel dizzy or lightheaded.
- This device supports breathing exercises only.
- It does not replace medical treatment, oxygen therapy, or emergency care.
- Contact your surgical team if you experience increasing shortness of breath, chest pain, or difficulty breathing.

Disclaimer

This insert is provided for educational purposes only. It is not intended to diagnose, treat, cure, or prevent disease. Always follow instructions from your licensed healthcare provider.