



Incentive spirometer (triflow)

Equipment

1		8	
2		9	
3		10	
4		11	
5		12	
6		13	
7		14	

Procedure

0	It is recommended to use a lung volume expander after surgery.
1	Use in the postoperative period prevent lung collapse
2	Lung collapse is caused by a lot of mucus. easy to infect
3	Prepare, sit up, clean, hold the scene.
4	Breathe in and out slowly, hold the mouth piece in your mouth, close your mouth tightly. Breathe in through your mouth slowly and deeply. Hold for 5-10 seconds (release your mouth), exhale slowly through your mouth.
5	Pause for 2-3 seconds and repeat, trying to suck up all 3 balls (as much as possible).
6	Do it 5-10 times per hour where it is clogged.
7	Other recommendations should move frequently. walk, walk
8	Practice coughing to drive phlegm (Inhale using the diaphragm fully, hold it until the maximum pressure is reached. Cough. Use a pillow to press the suspension.
9	Should do g-2-4 hr when waking up, drink warm water, very painful, ask for painkillers.

