

# Strengthen Your Lungs

Using an incentive spirometer improves your lung function and may reduce your risk of breathing problems after surgery, including pneumonia.

## TO DO:

**Track your spirometer use and share your progress with us.**

- Start using your spirometer today if you smoke or have been directed to do so by your doctor. If not, begin 2 weeks before your surgery.
- Take 30 breaths per day. Repeat 10 breaths 3 times each day to reach this goal.
- Record this on the *Activity Log* that is provided.
- **Report the number of breaths you take each day using the spirometer.**
  - See *Reporting My Activity* located in the folder pocket for details on selecting your preferred reporting method.

## How do I use the Incentive Spirometer?

- Sit up straight.
- Breathe in slowly and deeply through your mouth. Focus on keeping the top of the yellow valve on the left side of the device in the “best” or “better” range.
- Once your lungs are full, remove the mouthpiece from your mouth, hold your breath for 3 seconds, then breathe out normally.
- Rest for a few seconds and then repeat. If you feel lightheaded or dizzy using the spirometer, stop and breathe normally for a few minutes.



### **If you smoke or use tobacco, quit.**

Smoking can increase the risk of problems from surgery, such as wound infections, pneumonia or heart attack. Smoking impairs your lung function resulting in less oxygen in your blood. Oxygen is one of the most important things that you need to heal well. Give yourself a smoking holiday, or, if you're ready to quit, now is the perfect time. During your hospital stay you will not be able to smoke.



When you quit, your body begins to heal and get stronger almost immediately. This will dramatically improve your recovery from surgery.

- Ask MSHOP for a referral to the free MHealthy Tobacco Cessation program.
- Talk with your regular doctor about prescribing medicine or a nicotine replacement to help you handle the physical urge to smoke.
- Reach out to your health insurance plan to learn about any smoking cessation covered benefits or quit programs.
- Try one of the many mobile apps that can help you quit.
- Most importantly, never quit quitting. Most people need to try many times before they are successful. Set a date to give up smoking!



#### **Free tobacco cessation resources:**

<http://mhealthy.umich.edu/tobacco> or  
call (734) 998-6222

<https://michigan.quitlogix.org/>  
or call 1-800-QUIT-NOW (784-8669)

[http://www.cdc.gov/tobacco/quit\\_smoking/](http://www.cdc.gov/tobacco/quit_smoking/)

<http://www.becomeanex.org>



**Who can support me in strengthening my lungs? How?**

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