



CRITICAL CARE, PULMONARY & SLEEP

A S S O C I A T E S A PROFESSIONAL LLP

Using an Acapella or flutter device

- 1) Adjust pressure for ease of use, not too much pressure, not too little, just in the middle
- 2) Inhale / exhale with acapella device in your mouth
- 3) Inhale, hold for 2 seconds (one thousand one, one thousand two) then exhale 3-4 seconds
- 4) Repeat 10-20 times
- 5) Then, cough to clear airway. Try using the “huff” technique—saying “huff” as you cough, keeping your mouth open.
- 6) Go through this process 3-4x during the day (i.e. After b-fast, lunch, dinner?)
- 7) Clean the device daily, ok to put in the dishwasher. Take apart before cleaning.
- 8) If using daily, device is good for about 6-7 months.

The purpose of the acapella is to help keep clear your lungs and airway of mucus