

# How to Use Your



# Acapella

1. With the first use of **Acapella**, ensure that the dial is turned counter-clockwise to the lowest setting. Frequency/ resistance increase clockwise.
2. To take a Nebulizer treatment at the same time, attach nebulizer to the end of the Acapella
3. Place mouthpiece lightly in mouth; maintain a tight seal on the mouthpiece during inspiration. Use nose clips if necessary.
4. **Relax** and **slowly** take a breath a little deeper than normal
5. **Hold breath** for 2-3 seconds.
6. **Exhale, slowly** but fully, **through the Acapella**
7. Repeat for 10 breaths
8. Remove mouthpiece and do 2 - 3 "huff" coughs to raise secretions as needed.
9. Repeat steps 3 to 7 to work up to at least 3 sets of 10 breaths each



You should be using your Acapella for at least 15-20 minutes twice a day or as your doctor told you



- It is important to breathe in **slowly**, hold your breath for 2-3 seconds, and try not to cough.
  - Exhale for 3 - 4 seconds while the device vibrates.
- If you cannot blow out for 3-4 seconds, adjust the dial clockwise.
- You should be able to feel the vibrations in your chest!



## Cleaning:



- As needed, detach mouthpiece, pull Acapella apart and remove "rocker",
- Soak the parts in warm soapy water, rinse and dry.
- Drain the device by placing the unit with the mouthpiece end downward, or by resting the unit on its side.
- You can also wash in the top rack of your dishwasher!