

# Prepare Your Lungs

Lung problems, including pneumonia, are dangerous. Deep breathing and incentive spirometer use will help prepare your lungs for your recovery.

## TO DO:

**Practice deep breathing every day before your surgery. Track your breathes and share your progress with us.**

- To deep breathe correctly, you must use your abdominal muscles, as well as your chest muscles.
  - Sit up straight, or lay down.
  - Breathe in slowly through your nose, as deeply as possible.
  - Hold your breath for five to 10 seconds.
  - Let your breath out through your mouth, slowly and completely. As you breathe with pursed lips (like blowing out a candle), your stomach should be going in. Exhale twice as long as you inhale.
  - Rest and then repeat these steps.
  - Take 30 breaths per day. Repeat 10 breaths 3 times each day to reach this goal.
  - If you have an incentive spirometer (volumetric exerciser) at home, you can use this tool to complete your deep breathes.
  - Record this on the *Activity Log* that is provided.
  - **Report the number of deep breathing breaths you take each day.**
- See *Reporting My Activity* located in the folder pocket for details on selecting your preferred reporting method.



A step-by-step video on using a spirometer is available at:  
<http://michmed.org/Zb9K9>

## **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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