

How to use your PEP mask

Using the PEP mask creates a force (back pressure) in your lungs breathing. This helps the flem/spit move up into the windpipe where it can be coughed out.



Set up:

- Connect the mask and resistor circuit together as shown by the physio.
- Make sure the coloured resistor is in the “out” valve.
- The “in” valve should be empty.

Technique:

1. Hold bub comfortably on your lap.
2. Place the mask over bub’s face so it covers and seals the nose and mouth. Hold on for _____, as long as bub is comfortable with.
3. Bub will breath gently as you hold the mask in place. You should hear a gentle whooshing noise with the “out” breath.
4. Take mask off and ask bub to cough.
5. Repeat _____ more times.

Cleaning and sterilisation:

Separate after each use. Wash it with warm soapy water, rinse with tap water and leave it apart to air dry. Boil all the parts in water for 10 minutes every 2 weeks.



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