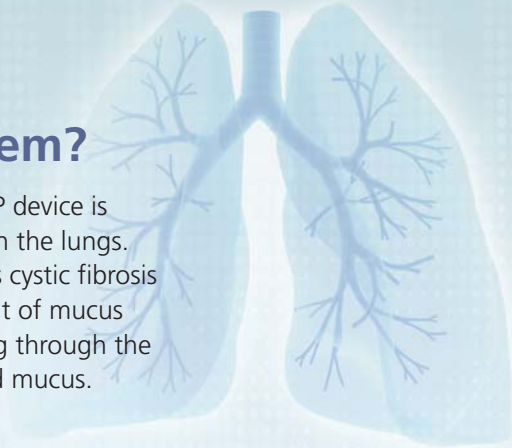


What is an Oscillating Positive Expiratory Pressure Therapy System?

An Oscillating Positive Expiratory Pressure Therapy System or OPEP device is designed to aid in the loosening and removal of mucus build-up in the lungs. You may need OPEP treatments if you have a lung disease such as cystic fibrosis or COPD where your lungs need help keeping up with the amount of mucus produced each day. OPEP therapy is done by inhaling and exhaling through the device several times, then 'huff coughing' to remove the loosened mucus.



How does OPEP work?

When you exhale through the device, you will feel very quick pulses of resistance against your exhaled breath. These pulses of resistance hold your airways open and help shake the excess mucus loose, pushing it out of the smaller airways of your lungs. Once the mucus has moved out of the smaller airways, it can then be coughed out. If you have nebulizer treatments, your healthcare professional may even opt to combine them with your OPEP therapy to help reduce the overall time for your treatments!

Aerobika
Oscillating Positive
Expiratory Pressure Therapy System

www.aerobikaopep.com

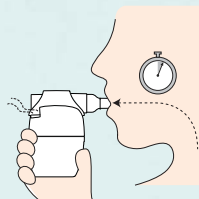
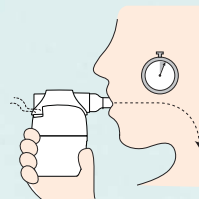
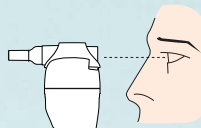


Taking Your OPEP Treatment

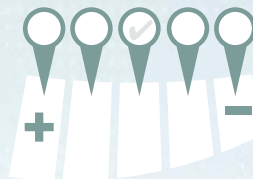
These simple steps will ensure you get the most out of your OPEP treatment

- ❑ Carefully inspect the device and ensure the Resistance Indicator is on the prescribed setting.
- ❑ In a comfortably seated position, close your lips tightly around the mouthpiece.
- ❑ Inhale through the device taking a deeper breath than normal, but do not totally fill your lungs.
- ❑ Hold your breath for about 3 seconds.
- ❑ Breathe out actively, but not forcefully, through the device for at least three times longer than it took you to breathe in. During exhalation, keep your cheeks flat and firm.
- ❑ Continue taking deep breaths and long exhalations for 10–20 breaths and then perform 2–3 ‘huff coughs’ to clear your airways. Your healthcare professional will help you with the proper ‘huff cough’ technique.
- ❑ Continue this cycle for 10–20 minutes — or as prescribed by your healthcare professional.

Each 10–20 minute treatment should be performed at least twice a day. The goal is to produce little to no mucus on a daily basis which means your lungs are clear. If you are bringing up a lot of mucus, you need to use your **Aerobika*** Oscillating PEP more often.



MY RESISTANCE SETTING:



What is active exhalation?

Active exhalation can best be described as the type of effort required to starting blowing up a balloon — but is not as forceful as blowing out candles. The **Aerobika*** Oscillating PEP device will offer resistance to your exhaled breath meaning that you will need to exhale with more energy than you would normally.

What is a ‘huff cough’?

A ‘huff cough’ will help move mucus up and out of your lungs. Just like when you use your breath to create fog on a mirror, you would take a short, shallow breath and exhale forcefully with your mouth in an ‘O’ shape. Your healthcare professional will help you with proper technique.



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