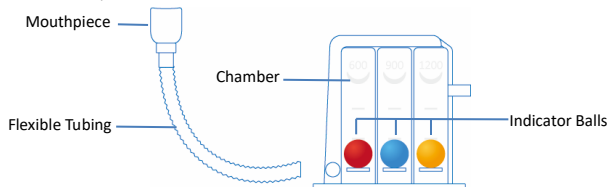


➤ Introduction

This product instruction includes the most useful information for the Breathing Exerciser (Model: PE300). The Breathing Exerciser (Model: PE300) is a flow-oriented device. It is advised to read this product instruction carefully.

➤ Components Description

Overview of components:

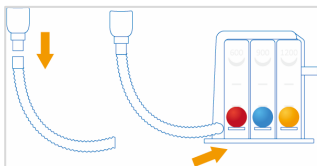


➤ Intend to Use

A Breathing Exerciser is a medical device that helps patients improve the function of their lungs and an effective tool to prevent pulmonary complications. After surgery that affects the respiratory function, especially surgery to the lungs, such as abdominal surgery the device assists in respiration. It is also commonly prescribed for post-operative cardiac patient, or other surgery involving extra time under anesthesia and subsequent recovery. The breathing exerciser also minimizes the chance of fluid build-up in patients recovering from rib damage. For personal use.

➤ Instruction for Use

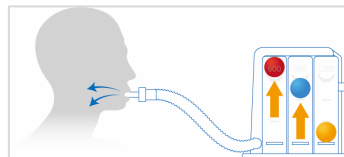
1. Remove the breathing exerciser from the package, and install the mouthpiece and flexible tubing as shown.



2. Sit on the chair, or sit up as far as you can in bed, and hold the breathing exerciser in an upright position.



3. Place the mouthpiece in your mouth and seal your lips tightly around it. Breathe in slowly and as deeply as possible. Allow the first ball in the 600 CC chamber to rise to the top; the other balls still at the bottom, and then enhance your breath, all the second ball in the 900 CC chamber to rise to the top; the third ball still at the bottom.



4. Keep enhancing your breath, allow all three balls to rise to the top.
5. Hold your breath for at least 2 ~ 3 seconds or as long as possible. Then take out the mouthpiece and exhale slowly and allow the balls to fall to the bottom of the column.
6. Rest for a few seconds and repeat these steps 6 ~ 10 times every hour when you are awake, or as often as your healthcare provider recommends.
7. After each set of 10 deep breaths, cough to be sure your lungs are clear. If you have an incision, support your incision when coughing by placing a pillow firmly against it.
8. Once you are able to get out of bed safely, take frequent walks and practice the cough.

➤ Precautions

- Store the breathing exerciser between -20 ~ 60°C. Keep away from heat and direct sunlight.
- If you start to feel dizzy or lightheaded, remove the mouthpiece from your mouth and take some normal breaths. Then continue using the breathing exerciser.
- For first-time users or patients with weak lung function, the exercise can be adjusted by duration and intensity according to the user's condition. Please follow the order of your doctor for the frequency and intensity.
- Breathing Exerciser must not be used if it is damaged.
- Breathing Exerciser must not be used after the expiration date.
- Breathing Exerciser is intended for single patient use only and should not be shared.

➤ Cleaning and Disinfection

After each use, the mouthpiece of breathing exerciser needs to be cleaned in water. Once cleaned, it should be left to dry at room temperature and then put it in the package. The flexible tubing should be cleaned every time the device is used for a period of time.

Note: If the device is not used for a long time, wipe the dust with medical gauze and put it in the packaging box for storage.



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