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!