Acapella instructions

The Acapella is a device used to help you clear the phlegm from your chest. You can use it in combination with your breathing exercises and drainage. Your physiotherapist will show you how to use the device for the first time. It is important you clean your Acapella on a regular basis following the instructions provided.

If you have any questions about using your Acapella, please contact your physiotherapist:

Name: __________________________________________________________

Number: _________________________________________________________

How to use your Acapella

1. Ensure you are in a comfortable position, either sitting or in your postural drainage position.

2. Ensure the Acapella is on the correct setting-your device should be set on number ________________.

3. Seal your lips around the Acapella mouthpiece.

4. Take a deep breath in, and hold this breath for 2-3 seconds.

5. Breathe out gently, not forcefully, through the Acapella for 3-5 seconds so that you can feel the vibrations in your chest-ensure you keep your cheeks held in whilst breathing out to maximise this vibration.

6. Repeat steps 3-5 up to 5 times, discontinue sooner if you feel light-headed.

7. Breathe in and out gently for several breaths.

8. Perform 1-2 huffs.

9. Repeat steps 3-8 as needed until your chest is clear, up to a maximum of 20 minutes.

How often should you use your Acapella?

If you are well, you should use your Acapella ________________ daily.

If you have a chest infection, you should increase the usage up to ________________ daily. You may need to reduce how long you are using your Acapella for to avoid getting tired.

If you have a Pneumothorax (collapsed lung) or are coughing up fresh blood, you should stop using your Acapella and contact your physiotherapist for advice.
Cleaning the Acapella

Your Acapella should be cleaned daily. Follow these steps to ensure it is clean:

1. Wash your hands first.

2. There are 4 parts to clean (see picture): the mouthpiece, the body, the cover and the rocker (do not disassemble the rocker arm from its platform base).

3. Disassembly: detach the mouthpiece, open the cover to a 90° angle by squeezing the ribbed part of the surface. Detach the rocker by placing your thumb and forefinger on either side of the grooved surface and gently lift the rocker up.

4. Soak the parts in warm, soapy water (using liquid dish detergent) to remove visible contaminants.

5. Rinse thoroughly in sterile water, allowing the parts to air dry thoroughly before putting back together.

Disinfecting the Acapella

1. Always clean the Acapella before disinfecting it.

2. The Acapella should be disinfected at least once a week.

3. If you have a chest infection, disinfect the Acapella daily for the duration of this.

4. Disinfect by:
   a. Boiling the Acapella in water up to twice daily for 5 minutes. Smiths Medical suggests the use of distilled or sterile water to reduce the potential of tap water from calcifying the metallic components
   b. Automatic dishwasher – the Acapella is dishwasher safe. Place the parts on the top shelf of the dishwasher

5. Do not bleach or microwave the Acapella.

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