

Continue Device Breathing Exercises until your surgery

Step 1

11

Quick Overview

- Use:
 - Your breathing device
 - Nose clips
 - The Green Logbook (Green tab)
- Begin when you receive your kit
- Complete **2** sessions every day (morning and evening)
- Complete **10-15** breaths every session
- Log your progress in the Green Logbook



Breathing Device Nose Clips

Breathing Device Starting Resistance: _____

- Use:
 - Your breathing device
 - Nose clips
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Breathing Device Starting Resistance: _____

Device Breathing Exercises use the breathing device in your RESPONSE kit to help strengthen your breathing muscles. The device creates resistance as you breathe in. When used consistently, the device helps train your diaphragm and breathing muscles to build strength over time.

Your breathing muscles play an important role in effective and efficient breathing. The diaphragm is your main breathing muscle and helps your lungs fill with air.

As you prepare for thoracic (chest, lung, or esophagus) surgery, using prehabilitation to strengthen your breathing muscles can help support your recovery after surgery.

 **Tip:** Staying physically active before surgery is important. If you are able, go for short walks and continue moving throughout the day.

Begin Step 2: Deep Breathing Exercises Before Surgery
(Blue Booklet) 7 days before surgery

Continue Device Breathing Exercises until your surgery

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Choose a Starting Resistance on Your Device

If your care team has recommended a starting resistance, use that level.

If you have not been given a starting resistance, begin at the lowest setting and gradually increase the resistance as you become more comfortable using the device.

As the exercises become easier, gradually increase the resistance to continue strengthening your breathing muscles. If you are unsure when to increase the resistance, discuss it with your care team.

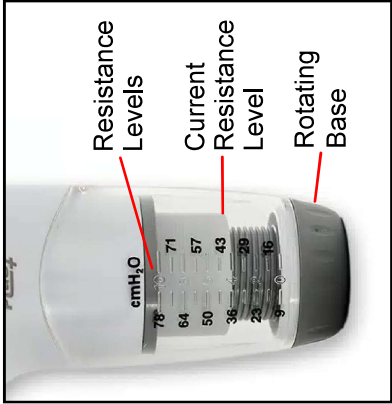
Adjust the Resistance on Your Device

The resistance on your device determines how hard it is to breathe in. A higher resistance makes it harder to breathe in and strengthens your breathing muscles.

The clear, raised numbers on the base of the device show the resistance levels (0-10). The position of the rotating base shows your current resistance level.

Turn the rotating base to adjust the resistance:

- Clockwise to increase resistance
- Counterclockwise to decrease resistance



The clear, raised numbers on the base of the device indicate resistance levels

⚠ Important: Breathing through the device should feel challenging but should not cause pain, dizziness, excessive breathlessness, chest discomfort, or distress.

Starting Resistance: _____

Date	Session		Resistance Level	Notes
	Morning	Evening		
	☐	☐		
	☐	☐		
	☐	☐		
	☐	☐		
	☐	☐		
	☐	☐		
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Follow A Device Breathing Exercise Schedule

Begin your Device Breathing Exercises once you receive your kit. Continue until the day of your surgery.

Your Daily Schedule

Complete **2** sessions every day:

- Morning: **10-15** breaths (slow or fast)
- Evening: **10-15** breaths (slow or fast)

Goals:

- Strengthen your breathing muscles
- Gradually increase your resistance level
- Stay consistent with your sessions
- Log your sessions in the Green Logbook



Tip: A routine can help you stay consistent. Complete your Device Breathing Exercises with activities you do every day (ex. brushing your teeth, getting ready for bed).

Set Goals for Your Device Breathing Exercises

Setting goals can help you stay consistent, which can help strengthen your breathing muscles over time. Some examples:

- Begin with 5 breaths, if needed. Gradually work towards 10-15 breaths per session.
- Aim to complete your morning and evening sessions each day. If this feels challenging, begin with 1 session per day and gradually work toward the full schedule.
- Increase the resistance level of your device as the exercises become easier.
- Complete sessions at the same time every day.
- Discuss any questions or concerns with your care team.

Device Breathing Exercises Logbook

This logbook is part of the RESPONSE Breathing Program. It is used to track your Device Breathing Exercises.

Logging your exercises can help you stay on track and share your progress with your care team.

Bring this booklet and logbook with you to every appointment and on the day of your surgery. You do not need to bring your breathing device.

How to use the logbook:

- Begin logging your Device Breathing Exercises as soon as you receive your RESPONSE Breathing Program kit. Not every patient will have the same amount of time before surgery. Do as many sessions as you are able.
- Practice Device Breathing Exercises:
 - 2 sessions per day (morning and evening)
 - 10-15 breaths per session
- Check the appropriate box each time you complete a session.
- Use the notes section for any comments (ex. breaks, difficulty completing a session, symptoms, discomfort, changes in routine, or questions).
- Continue at the next opportunity if you miss a session.

Important Safety Notes

Keep the following in mind when using your device:

- If you feel dizzy or lightheaded, stop using your device immediately. Breathe normally until you feel better or end your session for the day.
- If your device is broken or damaged, contact your care team immediately. Do not use your device if it does not function properly.
- If you are concerned or unsure about any part of your device, contact your care team.
- Use your device only as instructed by your care team.

Clean Your Breathing Device

Your device is for single-patient use only. Do not share your device with anyone.

Clean your device every few days:

1. Detach the mouthpiece from the device.
2. Soak the device and mouthpiece in a bowl of warm water for 10 minutes. If needed, gently scrub the mouthpiece with a toothbrush.
3. Rinse the device under warm, running water.
4. Shake off excess water and allow the device to air dry completely.

Once a week, add a cleansing tablet from the device kit to the warm water and soak for ten minutes before rinsing.

 **Important:** Do not boil or heat your device. If you are concerned about the condition of your device, contact your care team.

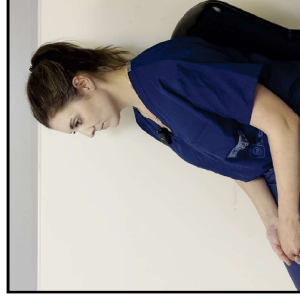
Prepare for Device Breathing Exercises

Before beginning your Device Breathing Exercises:

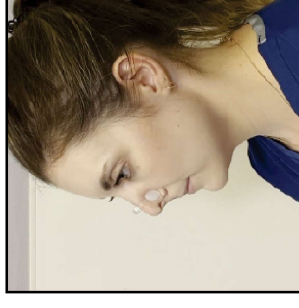
1. Connect the mouthpiece to the device. It should fit snugly without any movement or wiggling.



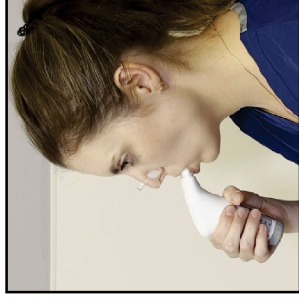
2. Sit in a comfortable, upright position with your back supported and shoulders relaxed.



3. Place the nose clips so you breathe through your mouth.



4. Place the mouthpiece fully into your mouth and create a tight seal with your lips. Make sure you do not cover the air inlet at the bottom.



Begin Your Device Breathing Exercises

Let's begin your Device Breathing Exercises.

Complete **10-15** breaths per session, once in the morning and once in the evening. Log each session and the device resistance in the Green Logbook (Green tab).

Slow Deep Breaths

Start with slow, controlled breaths as you get comfortable using the breathing device.

You will feel resistance as you breathe with the device. Take breaks as needed and contact your care team if you have concerns or questions.

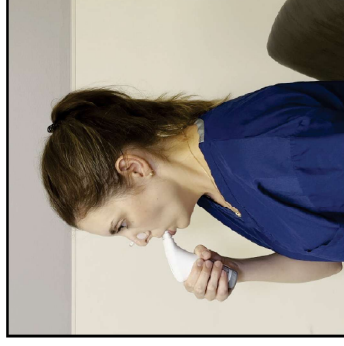
1. Breathe out gently through the device.

2. Take a slow, steady breath in through the device, filling your lungs as comfortably as possible.

3. Breathe out slowly and relax your shoulders.

4. Continue this slow, controlled breathing pattern until you have completed **10-15** breaths.

5. Log your completed session in the Green Logbook.



Fast Forceful Breaths

Once you feel comfortable, you can progress to faster, more forceful breaths.

If this breathing pattern is uncomfortable, return to the slow, deep breaths.

1. Breathe out as much as you can through the device.

2. Take a fast, forceful breath in through the device. Fill your lungs as much as possible, expand your chest, and sit tall.

3. Breathe out slowly through your mouth until your lungs feel empty. Relax your chest and shoulders.

4. Continue this faster, forceful breathing pattern until you have completed **10-15** breaths.

5. Log your completed session on the Green Logbook.



bit.ly/4fvxPVy

To watch a video tutorial of Device Breathing Exercises, scan the QR code with the camera app on your phone or tablet and tap the link that appears on your screen.