

Aerobika Use and Care

The Aerobika® (Figure 1) is a positive expiratory pressure (PEP) device that has several benefits for people with lung disease.

PEP devices

PEP devices keep your airways open by creating a positive pressure when you breathe in and out of them. The positive pressure moves mucus into your upper airway so you can cough it out. This can help to prevent infections and move mucus out of your lungs.

Using the Aerobika device

Your physician will tell you how often you should use the device and the resistance level you should use. Before you use the device, set the resistance (1 is lowest resistance, 5 is hardest resistance). This is set with the black switch on the front of the device (resistance indicator).

If you have any questions, ask your care team.

Figure 1. Aerobika device



To use the device:

1. Place your lips tightly around the mouthpiece.
2. Breathe in and hold your breath for 2 to 3 seconds.
3. Breathe out for 6 to 9 seconds.
4. Repeat these steps for 10 breaths, or as prescribed by your physician. Use the device 1 time in the morning and 1 time in the evening, every day.

Cleaning the Aerobika device

Clean the device every day and as needed to prevent germs from building up that could cause infections. The mouthpiece is the only part of the Aerobika device that can be washed. Follow these cleaning instructions:

1. Remove the mouthpiece from the device.
2. Soak the mouthpiece in warm, soapy water for several minutes.
3. Rinse and dry.
4. Once the mouthpiece is completely dry, put it back on the device.

Disinfect the device mouthpiece once a week. Clean the mouthpiece before you disinfect it. You can use 1 of these disinfecting methods:

Soak the mouthpiece in 70% isopropyl alcohol for 5 minutes. Rinse, drain and dry.

or

Soak the mouthpiece in 3% hydrogen peroxide for 30 minutes. Rinse, drain and dry.

If you have any questions, talk with your respiratory therapist or physician.