How To Use Your: **Aerobika** Oscillating Positive Expiratory Pressure Device (OPEP)

1. Using your Aerobika will help you loosen mucus in your lungs and make it easier to cough up.

2. Put the Aerobika in your mouth with your lips tight around the mouthpiece.

3. Take a deep breath and hold it for 2 to 3 seconds. Breathe out slowly for at least 4 to 6 seconds, longer if you can. Take 10 to 20 breaths using your Aerobika.

   **Note:** Use your Aerobika every 1-2 hours during the day if you still have mucus.

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**How To Clean Your Aerobika**

1. Pinch the white tabs on the sides.

2. Pull your Aerobika apart into 3 pieces.

3. Pull off the mouthpiece.

4. You should have 4 pieces.

5. Place the 4 pieces in mild dish soap and soak them for 15 minutes. Shake these pieces back and forth in the soapy water.

6. Rinse all the soap off each piece.

7. Shake off any water and place the pieces on a towel to dry.

8. Put the 4 pieces of your Aerobika together after it is dry. Make sure your Aerobika is dry before you use it again.

   **Note:**
   - Once a week clean your Aerobika like the steps above.
   - Once a month, soak all the Aerobika parts in 1 cup of water and 1 cup of white vinegar for 1 hour. After soaking, wash the parts in warm soapy water like the steps above.