



AEROBIKA®

DIRECTIONS FOR USE

1. Hold the device in any position that is comfortable.
2. Close your lips around the mouth piece and inhale deeply.
3. Hold your breath for 2–3 seconds.
4. Actively exhale for 3–4 times longer than the inhale. Active exhalation feels like the effort required to start blowing up a balloon but not as forceful as blowing out candles.
5. Keep your cheeks flat as you exhale.
6. Perform four (4) sets of 10 exhalations over 12–20 minutes.
7. Follow with cycled huff coughing after each cycle.



CLEANING/DISINFECTING INSTRUCTIONS

Cleaning

Soap and water

- Soak the four (4) disassembled parts of the device for 15 minutes. Agitate gently.
- Rinse the parts in warm distilled water.
- To dry, shake the parts to remove any excess water. Allow parts to air dry thoroughly before you put the parts back together.

Dishwasher

- The four (4) disassembled parts may be washed in a dishwasher by securing the parts in a basket on the top rack. Wash them in a normal wash cycle with dishwasher detergent and rinse aid.
- If excess water remains, shake the parts and allow them to air dry thoroughly before reassembling.
- Dishwashing with overly dirty dishes is not recommended.

Disinfecting

The device should be disinfected once every treatment day using any of the methods listed below. Prior to disinfection, follow cleaning instructions. Do not dry or reassemble the device.

- **Electronic steam sterilizer** – The four (4) disassembled parts may be disinfected using an electronic steam sterilizer for baby bottles, following the manufacturer's instructions for use (e.g. AVENT Electronic Sterilizer). The disinfection cycle should last about 15 minutes. Allow the parts to cool and air dry thoroughly before reassembling.
- **Boiling** – Place the four disassembled parts in distilled water that has reached the boiling point and allow them to boil for 10 minutes. Remove the parts from the water and allow them to cool

and air dry thoroughly before reassembling. *Please note, place a small rack, cloth, or other heat-resistant material on the bottom of the pot to prevent plastic parts from coming in contact with the hot bottom.*

- **Isopropyl alcohol** – The four (4) disassembled parts may be soaked in 70 percent isopropyl alcohol for five minutes. Rinse well with distilled water and allow to air dry thoroughly before reassembling.