

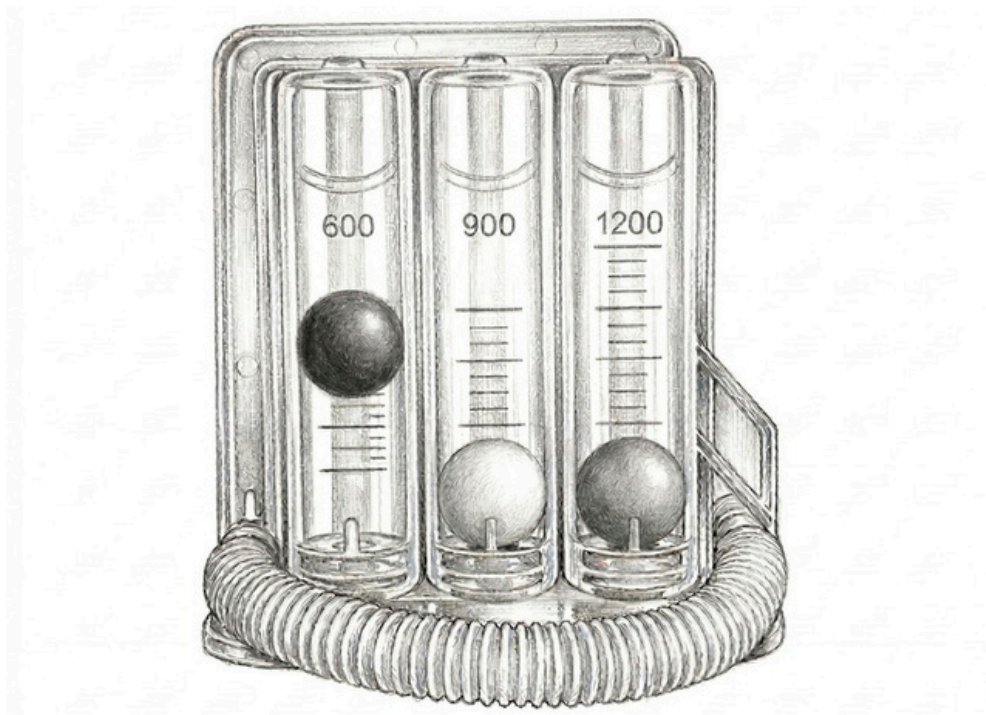
## VENTOBALL™

Generic name: 3-ball spirometer

Brand name: VENTOBALL

Product code: SCM3BS

Product Mfg Ref code: SM-SM



VENTOBALL is a single respiratory device used to improve lung function by encouraging deep breathing.

VENTOBALL is a transparent plastic device containing three small colored balls inside vertical chambers. VENTOBALL is designed to help patients perform deep breathing exercise, especially during surgery or during respiratory illness.

### Main components:

- Chambers: Each column contains a lightweight ball.
- Balls: Each ball represents a different airflow level (low, medium, high).
- Flexible tubing: Connects the chamber to the mouth piece
- Mouthpiece: Patient inhales through this.
- Base stand: Keeps the device upright.

### Functional Requirements:

- Must rise smoothly with inhalation
- Should not stick to chamber walls
- Must return quickly to base when airflow stops
- Consistent response to air flow.

## VENTOBALL - Models:Single Type

	SPECIFICATION			
	Length	Width	Height	Dimension
Normal - Three balls usually measure with inhalation of 600, 900 and 1200ml/sec	20cm		7cm	24*10*7cm

### Core Purpose & Benefits

VENTOBALL is primarily used to open collapsed air sacs (alveoli) and strengthen respiratory muscles.

- **Preventing Pneumonia:** By encouraging deep breaths, VENTOBALL helps clear mucus and fluids that can lead to chest infections.
- **Post-Surgery Recovery:** VENTOBALL is a standard tool after abdominal or thoracic surgery to help clear anesthesia and maintain lung volume while mobility is limited.
- **Visual Feedback:** Each of the three balls represents a specific inspiratory flow rate (typically 600, 900, and 1200 cc/sec), allowing you to quantify your progress.
- **Lung Expansion:** Helps open tiny air sacs (alveoli) that can collapse during illness or after anesthesia.
- **Mucus Clearance:** Deep breaths loosen fluid and mucus, making it easier to cough up and preventing infections like pneumonia.

### Key Usage Awareness

- **Inhale, Don't Exhale:** A common mistake is blowing into the VENTOBALL. You must inhale through the mouthpiece to lift the balls.
- **Slow and Steady:** The goal is not to "snap" the balls to the top instantly. A slow, controlled breath that keeps the balls suspended for several seconds is more effective for lung expansion than a quick, forceful one.
- **Frequency:** Standard medical advice usually suggests 10 to 15 breaths every 1 to 2 hours while awake.
- **Coughing:** Doctors often recommend taking a deep "therapeutic cough" after a set of 10 breaths to help clear the loosened mucus.

## Safety & Precautions

- Dizziness: If you feel lightheaded, stop immediately and take a few normal breaths. This is often caused by breathing too quickly (hyperventilation).
- Pain Management: If you have a surgical incision, "splint" the area by holding a pillow tightly against it while breathing or coughing to reduce pain.
- Hygiene: To prevent bacterial buildup, wash the mouthpiece daily with warm soapy water and replace VENTOBALL every few weeks if used long-term.
- Contraindications: Use caution or consult a doctor if you have a history of collapsed lung (pneumothorax), recent eye surgery, or an active aneurysm, as the pressure from deep breathing can sometimes worsen these conditions.

## How to Use VENTOBALL

To get the most benefit, follow these steps

- Get Ready: Sit upright in a chair or on the edge of your bed. Hold VENTOBALL at eye level in an upright position.
- Exhale: Breathe out normally to empty your lungs as much as possible.
- Seal Your Lips: Place the mouthpiece in your mouth and seal your lips tightly around it so no air escapes.
- Inhale Slowly: Breathe in deeply and slowly through your mouth (not your nose).
  - As you inhale, the balls will rise in their chambers.
  - The Goal: Try to raise all three balls and keep them elevated for as long as possible.
- Hold Your Breath: Once the balls reach their highest point, hold your breath for 3 to 5 seconds.
- Exhale and Rest: Remove the mouthpiece and exhale slowly. Rest for a few seconds between breaths.
- Cough: After a set of breaths, try to cough deeply to help clear any mucus from your lungs.

## Frequency of Use

Most healthcare providers recommend performing 10 to 15 breaths every 1 to 2 hours while you are awake.

## Maintenance Tips

- Cleaning: After each use, wash the mouthpiece with warm, soapy water and rinse thoroughly.
- Storage: Store it in a clean, dry place. Many devices have a side case or clip for the mouthpiece.