How to Use a Spacer with a Facemask

1. Remove the caps from the inhaler and the spacer.
2. Shake the inhaler well for 5 seconds.
3. Attach the mask to the mouthpiece of the spacer. Now insert the inhaler into the open end of the spacer.
4. Put the facemask up to your child’s face. Make sure that it is tight around the child’s nose and mouth so that no air leaks out.
5. Push the inhaler down once. This will release one puff of medicine into the spacer.
6. Hold the facemask to your child’s face for enough time to allow at least 6 breaths. This may take 10-15 seconds.
7. Remove the facemask from your child’s face.
8. How many puffs did your doctor say to take? Wait 1 minute between each puff. Follow steps 4-8 for every puff ordered by your doctor.
9. Rinse your child’s mouth, and face if steroid inhaler, with water. Clean the spacer and facemask once a week with soap and warm water, let air dry and replace caps.

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