

Home “Acorn” Nebulizers

How do I use the nebulizer with a mouthpiece?

1. Plug the machine into a wall outlet
2. Open the nebulizer cup
3. Pour the medication into the nebulizer cup. (Add saline, if recommended)
4. Close the nebulizer cup top tightly
5. Plug one side of the clear plastic tubing into the machine and the other side into the nebulizer cup.
6. Put the mouthpiece together and attach it to the nebulizer
7. Place the mouthpiece in your child’s mouth and make sure there is a good seal around the mouthpiece with the lips
8. Turn on the machine. A fine mist will come out
9. Have your child breathe in and out through the mouthpiece normally (you should see the fine mist move in and out). Continue until the medicine is gone. This should take about 10-15 minutes.
 - If your child is able, tell them to take an extra deep breath and hold it for 5-10 seconds every 10 breaths.



How do I use the nebulizer with a mask?

1. Plug the machine into a wall outlet
2. Open the nebulizer cup
3. Pour the medication into the nebulizer cup. (Add saline, if recommended)
4. Close the nebulizer cup top tightly
5. Plug one side of the clear plastic tubing into the compressor machine and the other side into the nebulizer cup
6. Attach the nebulizer cup to the nebulizer mask
7. Place the mask on your child’s face (make sure you have a tight seal)
8. Turn on the machine. A fine mist will come out
9. Have your child breathe in and out normally, until the medicine is finished. This should take about 10-15 minutes.



Key Points:

- Your child should sit upright and be awake during the nebulizer treatment.
- If the nebulizer isn’t misting, pour out the medicine, rinse with sterile water and start over.
- When you hear the nebulizer make a sputtering noise, tap the cup so the droplets of medicine on the side can be nebulized.

Equipment Maintenance:

1. **Cleaning:** After each treatment, take the nebulizer apart and wash with warm water and liquid dish soap. This includes the mask and/or mouthpiece. Rub off any mucus. Rinse all parts. Shake off the extra water and allow to air dry.
 - If the nebulizer isn't rinsed after each treatment, the small holes inside the nebulizer can become clogged and won't make a mist.
 - It isn't necessary to rinse the clear tubing.
2. **Disinfecting:** At least once a week, the nebulizer, mask, and/or mouthpiece should be disinfected:
 - Soak in a solution of 1 part distilled white vinegar and 3 parts hot tap water for 1 hour.
 - After soaking, rinse all parts with sterile water and air dry.
 - You can make sterile water by boiling tap water for 10 minutes.

For any questions, please call 720-777-6181 and ask for a Respiratory Therapist.

To watch a video on how to use the Acorn Nebulizer, visit: <https://bit.ly/3zxcF2X>

