



مدينة الملك فهد الطبية
King Fahad Medical City



The Vest Therapy

What is Vest Therapy?

A treatment method for the lungs by using a vest worn by the patient. The vest is connected by two tubes to a machine that pumps air to inflate the vest, and then create a vibration inside the vest.



This treatment will help to loosen the secretion and to assist the patient to remove it from the lungs.

How is the vest used?

Timing

The timing for the therapy should be before meals or after by no less than one hour to avoid stomach problems and vomiting.



Preparation

Wear the Vest over a thin layer of cloth, cotton cloth is preferred

The vest should cover the top part of chest and extend until the top of the hip. You can adjust it by using the shoulder strap, but make sure the vest is not digging in armpits.

Close the clasp, set comfortability. Take a deep breath then insert your hand between the vest and chest. Your hand should fit easily. If not, adjust the closure clasp then insert your hand again to make sure the comfort.



Before the starting the therapy, make sure that the hoses and remote control connected properly to the machine.

How to start & stop the session?

- ⚙️ Connect the device to electrical source.
- ⚙️ Connect the hoses to the vest.



- ⚙️ The main interface will appear after few seconds from the connection of the electricity, then press the upward button to go to the preset settings set by the respiratory therapist as shown in the below image:



- ⚙️ Press ON, the machine will start to inflate the vest.



- ⚙️ During the inflation, hold the lower bottom of the vest and pull it down to avoid the deep digging of the vest into your armpits.
- ⚙️ Press On Again to start the therapy.



- ⚙️ To pause the treatment temporary, press the OFF button or squeeze the Remote Control

once. The machine will stop the vibration and the vest will be deflated. To resume treatment, press the ON button or squeeze the Remote Control again.



- 🔧 To stop the treatment before the programmed session complete press the OFF button **twice**.
- 🔧 Once the vest treatment session is complete, the vibration will **stop** and the vest will deflate. A message will appear "**Session Complete**" then you can remove the vest.
- 🔧 Unplug the electrical cord from its power source.

General Questions and Tips

What should I do to improve the outcome of the treatment session?

For better outcome, you should cough regularly during and post the therapy.

Can I take my nebulized medications during the session?

It is allowed to use nebulized medications during the vest therapy prescribed by the physician.

My skin is not comfortable during the vibration of the vest what should I do?

In case of skin irritations, it preferred to use two cotton shirts. If itching still occur, contact your physician.

When I should change the vest?

The vest should be change to accommodate your size. You should a vest with appropriate size

How to clean the vest?

Use clean towel to wipe as needed. Keep the vest always clean from mucus and dirt.

Is there any required maintenance for the machine?

Yes, do the routine check for the machine as instructed during prescription.

Technical Questions and Tips



The machine is not working what should I do?

Make sure that the power cord plugged into the machine and the electrical inlet correctly.

The vest is not vibrating what should I do?

- Make sure the air hoses connected to the machine and the vest correctly.
- Make sure the **ON** button has been pressed.
- If the problem still occurs, call the technical support.

I have a problem with the air hoses it comes out of the machine or the vest during the session what should I do?

- Disconnect the hoses from the machine and the vest.
- Clean the ends of the hose connected to the machine and the vest from inside and outside.
- Clean the inner ports in the machine and the vest.
- If the problem still occurs, call the technical support.

لأن الوعي وقاية ..

إدارة التشخيص الصحي

Respiratory General Care Department



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