

- to be cut off -

If you need help or advice when using
your home oxygen, please contact:

The Respiratory Nurse Specialist
(01935) 384574
or
(01935) 475122 & Bleep 2476

USING OXYGEN HOME CONCENTRATORS

Respiratory Department

Do not be afraid to use your oxygen. You cannot overdose on oxygen and, to be really effective, you need to use the oxygen for at least 15 hours, or more, a day.

Keep the oxygen in place overnight - **this helps in the long term**. Use it, as well, when you are most likely to be breathless. This might be when you are washing, dressing or eating.

The oxygen will not stop your breathlessness completely, but it will help you feel more comfortable and less tired, enabling you to do 'a bit more' and still get out and about.

Exercise is important so keep as active and as mobile as you can. This will benefit you generally, not just your lungs. Periods during the day without oxygen are fine but, how long you can go without it depends on what you can comfortably cope with. Everyone is different, but remember, you should be using the oxygen for at least 15 hour a day. Each day practise the breathing exercises you have been given.

Do not smoke or allow anyone else to smoke where the oxygen is being used. This is very dangerous. Also, the benefits from your oxygen treatment are completely lost if smoking continues.

If your nose becomes dry or sore because of the nasal tubing, apply KY Jelly (this is available from any chemist) inside each nostril. **DO NOT APPLY VASELINE OR OTHER OIL BASED CREAMS** as this will make the soreness worse because of the combination of oil and oxygen.

Change the nasal tubing as soon as it feels hard. This is usually between 2 & 4 months for most patients.