

Using an Aerochamber spacer with mask

- If using for the first time, wash the spacer in warm soapy water. Do not rinse, leave to air dry. This removes the static from the device and once dry is ready to use. The device should be washed like this monthly
- Shake the inhaler well and put in the hole at the end of the spacer
- Place the mask over your child's mouth and nose making a seal
- Push the top of the inhaler to release a dose of medication – a puff
- Encourage them to breathe at a normal rate for a count of 10, making the small valve in the mask flutter
- Wait 30 seconds, then repeat until the correct number of “puffs” have been given
- Give your child a drink or clean their teeth after using the spacer for inhaled steroids and wipe their face. This prevents the risk of side effects

