

Inhalation with a metered dose inhaler (puffer) via a spacer and facemask

1. Inhalation with a metered dose inhaler (puffer) should always be carried out with a small-volume spacer device.
2. For small children up to 3 years of age, inhalation with a puffer is carried out via a spacer and a facemask.
3. The puffer should be shaken up and down 5 times, and after removing the cover, firmly inserted into the spacer.
4. Hold the spacer with the mask horizontally, close to the face of the upright or sitting child, and press the puffer once strongly. The smallest possible mask is to be used, which leads to the complete covering of the mouth and nose.
5. The child should now perform 10 quiet breaths.
6. If another dose is necessary, shake the puffer once more 5 times vigorously.
7. If a cortisone-containing puffer is used, then mouth-rinse, drinking or brushing the teeth will prevent residue in the mouth. When used with a facemask, wiping the face with a damp cloth prevents residue on the face.
8. For daily use of cortisone-containing preparations, it is helpful to store this equipment near the toothbrush.