

# Vest therapy

## What is a vest machine?

A vest machine is used to loosen mucus from the airways by vibrating the chest. This helps move the mucus so you can cough or suction it out easier.

The machine connects to the vest with a hose. The vest is worn over the chest. The machine makes air pulses that wiggle the chest.



## Why do I need a vest machine?

The vest machine helps make it easier to get mucus out of your lungs.

- There is mucus that is hard to move in the lungs.
- There may be areas of lung collapse because of your mucus.
- It can be hard to cough up mucus in the lungs. You may also need to suction the mucus.

## How is the vest machine different from chest physiotherapy (CPT)?

### With the vest machine:

- You do not need to change your position during your treatment. All lobes of the lungs are treated at the same time.
- Treatments takes less time.
- Treatments are consistent.

## How is a vest machine used?

- Your machine has some settings.
  - The pressure setting is how tight the vest feels on the chest.
  - The frequency setting is how fast the machine wiggles the chest.
  - The time setting is how long your treatment is set for.
- Your provider will decide the right settings for your machine.
- Your vest equipment company will program the machine settings.
- Your provider will tell you how long and how often to do treatments.
- There are some nebulizer medicines that can be given during the vest treatment. Your provider will tell you which ones to give during your vest treatment.
- During the vest treatment, you may stop the machine to cough or clear mucus at any time.
- After the vest treatment, always huff cough. If you have a suction machine, use that to clear the mucus.
- You may have a sick plan for when your mucus is not controlled.

## ALERT:

- Call the equipment provider if you have questions or concerns that your equipment is not working properly.
- Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**