

PAP EQUIPMENT

CLEANING AND CARE

DAILY CARE

- Each morning wipe your nasal pillows or the gel/cushion portion of your mask with a warm wet wash cloth.
- If you are getting a build up of facial oils on your nasal pillows or the gel/cushion portion of your mask, daily washing with soapy water may be necessary to avoid skin irritation.
- NEVER use alcohol on the mask or nasal pillows.
- **Empty the water from the humidifier chamber daily. Separate the chamber and let it air dry all day.** Refill with **fresh distilled water** before using at night, making sure not to fill beyond the indicated maximum fill line.

WEEKLY CARE

- Wash long tubing, gray/black foam filter, humidifier chamber, headgear and full mask with warm soapy water. Be sure to use a pure soap such as Ivory, Neutrogena or Jergens (anti-bacterial or skin softening soap is not recommended).
- Rinse well and allow to air dry all day.
- Note that headgear can be machine washed, but it is best to wash by hand.
- **CAUTION:** Do not place any equipment in the dishwasher.
- Wipe machine with soft, damp cloth.
- Replace white paper filters every two weeks.
- All nasal pillows are replaced every two weeks along with most nasal masks and some mask gels. Others are replaced once a month.

For patients with heated tubing:

- Clean heated tubing weekly.
- Disconnect the heated tubing from the heated humidifier.
- Gently wash the heated tubing in a solution of warm water and mild detergent.
 - **CAUTION:** Avoid submerging the end of the humidifier connector in water. If the end of the humidifier connector does get wet during the cleaning process be sure to thoroughly rinse all soap residue from the connector and air dry before use.
- Rinse thoroughly and allow to air dry. Make sure the tubing is dry before use.
- Inspect the heated tubing for damage or wear (cracking, crazing, tears, punctures, etc.). Discard and replace if necessary.

MONTHLY CARE

- If desired you may wash your long tubing in one part white vinegar to two parts water. Be sure to rinse well and wash in warm soapy water after. This will help ensure that your tubing stays as clean as possible until it can be replaced (every three months). Never wash your humidifier chamber with a metal plate in the vinegar / water solution.