



## POSITIVE AIRWAY PRESSURE (PAP) CARE AND MANAGEMENT



### PAP Equipment Cleaning & Care: ResMed

Below are general guidelines - Always refer to your PAP and Humidifier User Manuals for manufacturer cleaning and replacement recommendations. Always unplug your device before cleaning.

Equipment Type	Cleaning Recommendations	Replacement Recommendations
Mask cushion	<u>Daily</u> : Remove mask cushion (if able) from the headgear. Clean with warm, soapy water. Rinse. Air dry.	Monthly
Headgear	<u>Weekly</u> : hand wash with warm, soapy water. Rinse. Air dry.	Every 3 months Note: complete setup comes with headgear and cushion
Tubing	Weekly: hand wash in warm, soapy water. Rinse. Air dry	Every 3 months
Ultrafine, filter 	This filter is disposable.  <b>Do not wash</b>	2weeks-1month
Water tank for humidifier 	<b><u>Daily</u>: Empty and clean the humidifier daily to prevent growth of mold or bacteria growth. Air dry.</b>  Add new <b>distilled water</b> before use.  Hand washing can be performed daily. Dishwashing can be performed once a week. (refer to humidifier manual for instructions)	Every 6 months
Chinstrap	<u>Weekly</u> : hand wash with warm, soapy water	Every 6 months

**\*Use only mild soap (e.g., mild dish soap) to clean your PAP supplies. . It is not recommended to use any CPAP cleaners.**

Never use alcohol or ozone(SoClean on your mask or tubes as doing so can damage them.

To Make or Change an Appointment or for supplies; Call (317)988-2611 or (317)988-9612.

<b>Problem</b>	<b>Possible solution</b>
<b>Mask Leak</b>	<ul style="list-style-type: none"> <li>- <b>Ensure you are putting your mask on correctly.</b></li> <li>- <b>Always unfasten mask strap clips, place mask on face first, and then pull head strap over your head.</b></li> <li>- <b>Never pull mask down over head, or down the front of your face. Doing so might prevent a good seal and/or stretch, or tear the seal.</b></li> </ul>
<b>Claustrophobia</b>	<ul style="list-style-type: none"> <li>- Use PAP while you are awake and distracted, such as while watching TV, so that you can become more comfortable with it with the goal to use it every time asleep.</li> </ul>
<b>Rainout/excess water in tubing and/or mask</b>	<ul style="list-style-type: none"> <li>- Lower PAP machine to a level below the head.</li> <li>- Decrease PAP humidity/heat level number.</li> <li>- Insulate tubing (can wrap outside of tube with an ace bandage, tube sock, or something similar).</li> </ul>
<b>Pressure feels too high</b>	<ul style="list-style-type: none"> <li>- Use ramp function if set up.</li> </ul>
<b>Dry mouth</b>	<ul style="list-style-type: none"> <li>- Check mask fit, stop leaks.</li> <li>- Increase PAP humidity/heat level number.</li> <li>- Consider a room humidifier.</li> <li>- Consider use of over-the-counter dry mouth spray/mouthwash.</li> <li>- Treat nasal congestion if present (see below).</li> </ul>
<b>Nasal congestion</b>	<ul style="list-style-type: none"> <li>- Check for mask fit, stop leaks.</li> <li>- Adjust PAP humidity .</li> <li>- If mild, can try over-the-counter nasal saline spray or nasal saline rinse (AVOID Afrin/oxymetazoline nasal spray) .</li> <li>- If more severe, contact your doctor for further management.</li> </ul>
<b>Sore, red, and/or dry eyes</b>	<ul style="list-style-type: none"> <li>- Try readjusting your mask.</li> <li>- Ensure mask is fitting properly.</li> </ul>
<b>Redness/irritation on face from mask</b>	<ul style="list-style-type: none"> <li>- Ensure mask is fitting properly. Avoid overtightening.</li> <li>- Avoid moisturizers/creams/etc. on face where mask sits.</li> <li>- Ensure cleaning mask properly, use only mild soap and water.</li> </ul>