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| **POSITIVE AIRWAY PRESSURE (PAP) CARE AND MANAGEMENT** |

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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.

**PAP Equipment Cleaning & Care: DreamStation**

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**DreamStation**

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| **Equipment Type** | **Cleaning Recommendations** | **Replacement Recommendations** |
| Mask cushion | Weekly: Remove mask cushion (if able) from the headgear. Clean with warm, soapy water. Rinse. Air dry. Daily: wipe with baby wipe | Monthly |
| Headgear | Weekly: hand wash with warm, soapy water.  Rinse. Air dry. **DO NOT HANG THE HEADGEAR WHEN WET IT WILL STRETCH THE MATERIAL. LAY FLAT TO DRY** | Every 3 months  Note: complete set up comes with headgear and cushion per 3months |
| Tubing | Weekly at a minimum: hand wash in warm, soapy water. Rinse. Air dry | Every 3 months |
| Ultrafine, filter | This filter is disposable.  **Do not wash** | Every 2-4 weeks |
| Pollen filter | This filter is reusable  **Weekly: wash with warm, soapy water. Rinse. Air dry.** | Every 6 months |
| Water tank for humidifier | **Daily:** **Empty the humidifier daily to prevent growth of mold or bacteria growth. Air dry**.    Add new **distilled water** 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 | Weekly: hand wash with warm, soapy water | Every 6 months |

\***Use only mild soap (e.g., mild dish soap) to clean your PAP supplies**:

**Never use alcohol or cleaning solutions (or wipes with cleaning solutions) on your mask or tubes as doing so can damage them and cause skin irritations.**

**It is not recommended to use any CPAP cleaners (ozone or ultra violet light)**

**\*To Order Supplies send a message through MyHealth*e*Vet or call (317) 988-2611. This phone number goes to a voicemail. Leave your Name, the last 4 of your SSN, and tell us what you need.**

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

**PAP Problems**: Use your PAP manual that came with your machine for reference.

Below are ways that may help to troubleshoot common PAP issues.

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| **Problem** | **Possible solution** |
| Mask Leak | - Ensure you are putting your mask on correctly.  - Always unfasten mask strap clips, place mask on face first, and then pull head strap over your head.  - 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. |
| Claustrophobia | - 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. |
| Rainout/excess water in tubing and/or mask | - Lower PAP machine to a level below the head.  - Decrease PAP humidity/heat level number.  - Insulate tubing (can wrap outside of tube with an ace bandage, tube sock, or something similar). |
| Pressure feels too high | - Use ramp function if set up. |
| Dry mouth | - Check mask fit, stop leaks.  - Increase PAP humidity/heat level number.  - Consider a room humidifier.  - Consider use of over-the-counter dry mouth spray/mouthwash.  - Treat nasal congestion if present (see below). |
| Nasal congestion | - Check for mask fit, stop leaks.  - Adjust PAP humidity.  - If mild, can try over-the-counter nasal saline spray or nasal saline rinse (AVOID Afrin/oxymetazoline nasal spray).  - If more severe, contact your doctor for further management. |
| Sore, red, and/or dry eyes | - Try readjusting your mask.  - Ensure mask is fitting properly. |
| Redness/irritation on face from mask | - Ensure mask is fitting properly. Avoid overtightening.  - Avoid moisturizers/creams/etc. on face where mask sits.  - Ensure cleaning mask properly, use only mild soap and water. |

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| **VAMC-INDIANAPOLIS SLEEP MEDICINE PROGRAM**  **PHONE:317-988-9612 FAX: 317-988-3433** |



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