

HOW TO CLEAN PAP DEVICE

ALWAYS WASH HANDS BEFORE CLEANING EQUIPMENT.

DO THIS DAILY:

1. Wipe mask/pillows with PAP wipes or mild soap and water.
2. Empty humidifier (water chamber)

*If you've been sick, wash your mask, tubing, humidifier and filter **daily** until your cold, flu or virus symptoms are gone.*

Things you will need for weekly care of your equipment:

1. PAP machine replacement filter
2. White distilled vinegar
3. Clean cloth
4. Mild liquid soap/dish detergent without anti-bacterial agent.

For further assistance please call our office at 903-787-7533

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CLEANING YOUR PAP DEVICE REGULARLY WILL RESULT IN GOOD WORKING CONDITION OF THE MACHINE AND WILL HELP IT TO LAST LONGER.

Weekly Care Instructions:

Wash your hands before you handle or clean the equipment.

1. Clean the PAP tubing, nasal mask, water chamber and headgear in a sink/tub filled with warm water and a few drops of ammonia-free, mild dish detergent. Swirl all parts around for about five minutes, rinse well and let air dry during the day. Hang the tubing over the shower rod, on a towel rack to ensure all the water drips out. Let the water chamber air-dry before placing it back into the PAP unit. The mask and headgear can be air-dried on a towel or hung on a hook or hanger.
2. Clean the non-disposable filter by removing it and rinsing it in warm tap water. Squeeze it under the water and squeeze to make sure there is no dust. Then blot down the filter with a towel.
3. Unplug the PAP device and wipe down with a damp cloth. The towel shouldn't be too damp or wet, as water could get into the machine.

Disinfect the water chamber (every other week):

1. Disinfect water chamber after you wash it by soaking it in a solution of one part vinegar to five parts water for 30 minutes, thoroughly rinsing and then rinse thoroughly by allowing the water to run through and over the equipment up to three minutes.
2. Allow the equipment to air dry away from direct sunlight before reconnecting it to the machine.

Tips and Warnings:

- Wash equipment in the morning to allow it to dry before bedtime.
- Replace the disposable filter every 2 weeks.
- Change non-disposable filter every 6 months.
- Do not store or dry equipment in direct sunlight.
- Do not attach or insert wet equipment or filters to the machine.
- Do not put equipment in the dishwasher.
- Do not hang the tubing in direct sunlight as it will harden over time and eventually crack.
- Avoid soaps with ammonia, alcohol, scented oils, essential oils, anti-bacterial agents, citrus scents.
- Do not fill the water chamber with tap water, only use distilled water.