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CPAP AND BIPAP CLEANING INSTRUCTIONS

1. At least once a week, you should wash your mask frame, cushions or nasal pillows, tubing and headgear with warm soapy water. (shampoo, baby shampoo is best, is ideal detergent as it is mild and limits skin/scalp irritation) Rinse all parts well with warm tap water. If you notice that you are ill with any type of respiratory infection, you will want to wash your equipment daily to prevent re-infection. To “home sterilize” your equipment, you can rinse your mask and components in One part white vinegar and Three parts water solution. Allow soaking for approximately 20 minutes, rinsing well with tap water and then let equipment air dry.
2. Check your filters once a month. **DO NOT WASH!!!** This is the only means of filtering the air coming through your machine. These filters need to be changed monthly.
3. If you have a humidity chamber, you need to clean this every time you fill it. Clean with warm, soapy water. You can use the “home sterilization” method noted above as well. Even if you don’t use water inside the chamber you need to clean it to prevent bacteria build up.
4. **PRECAUTION:** The main cause of skin breakdown is due to over tightening of the headgear attached to the mask or nasal pillows. You only need to tighten the headgear enough so that you have no air leakage into your eyes, on top of your lip, or around the nares of the nose if using pillows.
5. If you have any other questions or have trouble with your equipment, please contact our office at 330-655-0630.