

PAP Care Tips

Welcome to the NextGen Medical Supplies Sleep Apnea Division! Here are a few helpful hints to assist you with up keeping of CPAP and supplies.

Cleaning of CPAP water chamber in humidifier:

1. Open humidifier door and slide water chamber out of base
2. Wash the parts of the tank in dishwasher on top shelf or by hand with one part vinegar and three parts water and soak, rinse and air dry.
3. Add **distilled** water (only) into chamber, add lid then replace water chamber to humidifier unit.
4. Clean bowl monthly with 1 to 1 white vinegar/ water solution

Cleaning/ Replacing Non- Disposable Filters:

1. Every 2 weeks remove black filter from CPAP machine
2. Rinse Black filter with warm water, gently squeeze out water and let air dry
3. Replace back into machine when dry.
4. Every 6 months REPLACE filter. Discard old filter.

Replacing Disposable Filters:

1. Once every 2 weeks remove black filter from CPAP machine.
2. Replace white filter with new one.
3. Place black filter back.

Maintenance of Mask and Cushions:

The typical CPAP mask lasts three months depending on several factors that greatly impact how long the product can provide effective therapy. This might lead to the deterioration of the cushions seal. It might be due to improper fitting, sizing and the frequency of cleaning.

Changing cushion:

1. Remove cushion from frame of mask
2. Dispose of cushion used
3. Attach new cushion
 - a. Replace Full Face Mask cushion once a month.
 - b. Replace Nasal mask and Nasal Pillow Mask every other week.
4. Ready for use!