

# Cleaning Your PAP Mask Interface and Headgear

Congratulations! You have made an important step towards improving your health by starting PAP therapy. The use of your equipment, also called compliance to therapy, is crucial to improving your Sleep Apnea. Equally as important is proper cleaning of your CPAP mask and supplies. Daily cleaning of supplies is important in keeping your airway open while you sleep by maintaining a good seal between your face and the mask. When there is a break in the seal of the mask to your face it is called a "leak". Leaks can compromise the efficacy of your treatment.

## Instructions for mask cleaning after each use:

1. Disassemble the mask according to the disassembly instructions found with your mask. Disassembly includes:
  - a. Removal of the mask from the CPAP tubing
  - b. Removal of the cushion/pillows from the frame of the mask (see below for weekly headgear cleaning instructions)
  - c. Remove the headgear from the mask assembly
  - d. If your mask has clips, you do not need to remove these prior to washing

2. After you have disassembled your mask, fill your sink or a large bowl with warm drinking quality water ~85 F (30 C) and mild dish detergent. You should use unscented dish soap whenever possible without moisturizing agents or other additives. Thoroughly clean all mask components by gently rubbing for up to 10 minutes



3. Use a soft bristled brush, such as a clean toothbrush to clean the vent of the mask



4. Rinse all components of the mask thoroughly with drinking quality water



5. Allow mask components to air dry, taking care to keep out of direct sunlight



6. Reassemble the mask components when they are thoroughly dry

## Instructions for weekly cleaning of PAP Headgear

1. Handwash the headgear in warm drinking quality water ~85 F (30 C) with mild dish detergent for up to 10 minutes. You should use unscented dish soap whenever possible without moisturizing agents or other additives.
2. Rinse the headgear thoroughly in drinking quality water.
3. Air dry thoroughly out of direct sunlight.
4. Reassemble the mask according to instructions.



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React Health is formerly known as 3B Medical, Inc.

CAUTION: Always follow cleaning instructions. Do not use any solutions containing bleach, chlorine, alcohol, aromatics, moisturizers, antibacterial agents or scented/essential oils to clean any part of the mask or headgear. Utilizing these agents may cause damage to the mask.

CAUTION: Do not expose any part of the mask or headgear to direct sunlight. Exposure may cause deterioration to the mask and or its components.

CAUTION: If there is any visible deterioration to the mask or component parts (cracking, crazing, tears, rips, holes) the component should be discarded and replaced with a new component.