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CLEANING and REPLACING YOUR EQUIPMENT

We recommend you follow manufacturer's guidelines on cleaning your PAP supplies.

Here is a general guide to supply maintenance and replacement:

<p><u>DAILY OR EVERY 2 DAYS:</u></p>	<p><u>Mask cushion or nasal pillows</u> – Remove your mask cushion from the hard frame and wash with warm water and a mild dish soap/ gentle cleanser (baby shampoo works well). Rinse well and air dry. Daily washing is acceptable if gentle cleanser is utilized. (REPLACE every 2-4 weeks as needed)</p>
<p><u>Weekly :</u></p>	<p><u>Mask frame and headgear</u> – Wash with warm water and a mild dish soap/ gentle cleanser (baby shampoo works well). Rinse well and air dry. Do not place in clothes or dishwasher. (REPLACE every 3-6 months)</p> <p><u>Tubing-</u> (heated and non-heated) Rinse or soak tubing in warm water and mild detergent. A CLEAN sink or large bowl works well. Rinse until the water runs clear and hang to dry. Do not soak the electrical end of heated tubing in water, as corrosion could occur. (REPLACE every 3-6 months)</p> <p><u>Humidifier chamber-</u> Disassemble and hand wash with a mild dishwashing detergent, rinse thoroughly. You can may also soak it for 30 minutes in 1 part vinegar/ 3 parts tap water to remove deposits. (REPLACE yearly or as needed)</p> <p><u>Non-Disposable Filter</u> – Wash, rinse and air dry – DO NOT PUT BACK IN DAMP (REPLACE every 6 months)</p> <p><u>Monthly:</u></p> <p><u>White disposable filters:</u> These should be replaced every month. Do not wash with water or detergent. (REPLACE every 2-4 weeks as needed for dust and allergies)</p>