

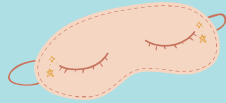


# REASONS TO CHANGE YOUR PAP SUPPLIES



When you are using your PAP Device nightly, your equipment will eventually build up:

- bacteria
- mineral deposits
- mold and fungi



Failure to clean and replace your supplies regularly could lead to:

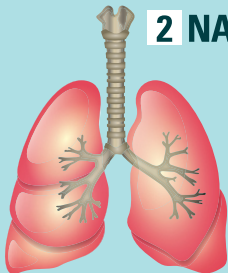
- sinus infections
- pneumonia
- many other undesirable side effects

## 1 MASKS (NASAL & FULL FACE)

Masks can experience leakage that can deform your current cushion or pillow. This can also cause the exhalation port to clog over time, potentially causing harmful Carbon Dioxide build-up and decreasing effectiveness of therapy. Change once every 3 months.



## 2 NASAL CUSHIONS & PILLOWS



Due to natural oils on skin, these materials tend to break down over time. This breakdown can lead to leakage, discomfort, and less effective therapy. Change once every 2 weeks.

## 3 FULL FACE CUSHION

Compromised cushions can lead to air leaks, skin irritation, and discomfort. Because the oils from your skin can cause the cushions to become stiff or cracked, the positive air flow can start to leak and diminish the effectiveness of your therapy. Change once per month.

## 4 REUSABLE & DISPOSABLE FILTERS

These filters ensure the purity of air that is being breathed in from the PAP device. Harmful particles from the air could also damage your PAP device if not properly filtrated. Disposable filters are to be changed every 2 weeks while reusable filters are to be changed once every 6 months.

## 5 TUBING (HEATED & NON-HEATED)

While it is natural to move in your sleep, this can lead to damage such as cracks or holes in tubing. This damage can decrease the prescribed pressure output of your machine. Tubing may also carry condensation, which increases the risk of bacteria entering the airways. Change once every 3 months.

## 6 WATER CHAMBER

Water chamber use can lead to cracks, pitting, and discoloration. This damage can trap bacteria from the moisture in the water. Only distilled water should be used, as tap water can lead to calcium build-up. Change once every 6 months.

## 7 HEADGEAR

Headgear can become stretched out over time, which can lead to discomfort. This can also cause issues in getting your cushions or pillows to properly seal and lead to leakage. Change once every 6 months.



## 8 CHIN STRAP

Chin straps can become stretched out over time, negatively affecting the elasticity. This can lead to discomfort and leakage which will diminish effectiveness of therapy. Change once every 6 months.



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