It is important to keep your CPAP device and accessories clean. This ensures maximum benefits from therapy and also avoids the risk of infection and other health implications. Regular cleaning also means your product will last longer.

Mask cushion -**WASH DAILY**: As the mask cushion has direct contact with your skin, it must be cleaned each time you use it to avoid perspiration and facial oils. If not cleaned regularly you are allowing these substances to accumulate; therefore your mask will become floppy and lose its ability to inflate/form a seal on your face.

|  |  |
| --- | --- |
| DO | DO NOT |
| * Wash the cushion in warm & soapy water | * Use soaps which contain moisturise eg: liquid hand soap/shampoo’s - as these can leave an oily film on the mask |
| * Dishwashing liquid is ideal to use | * Use boiling water |
| * Afterwards rinse thoroughly under running water to remove any excess soap | * Use bleach/alcohol/dettol/harsh chemicals. As these will cause the mask material to perish |
| * Place on a flat surface and allow to dry | * Place the mask cushions in direct sunlight |

Mask Frame – **WASH WEEKLY:** The hard plastic frame can be washed in one piece, or the small components attached on the frame. For example: the forehead cushions can be detached for preferred cleaning measures.

|  |  |
| --- | --- |
| DO | DO NOT |
| * Wash the plastic frame is warm & soapy water | * Leave in direct sunlight |

Headgear & Chinstrap – **WASH WEEKLY/FORTNIGHTLY:** The headgear + Chinstrap components should be washed, at least weekly or more frequently in warm weather.

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| --- | --- |
| DO | DO NOT |
| * Wash headgear in either baby shampoo or warm soapy water | * Place headgear/chinstrap in direct sunlight |
| * Rinse thoroughly and hang to dry in a ventilated spot. |  |
| * Preferably wash headgear by hand, to retain its elasticity. Although if you prefer to machine wash the chinstrap/headgear, make sure they are placed into a stocking bag so they don’t become stretched/tangled. |  |

Air tubing – **WASH WEEKLY**

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| --- | --- |
| DO | DO NOT |
| * Disconnect the air tubing from the machine and mask | * Hang the tubing in direct sunlight as it will crack |
| * Wash the air tubing in warm soapy water |  |
| * Run water through tubing to remove excess soap |  |

Air filters – **REPLACE PERIODICALLY:** Most CPAP machines contain disposable air filters, and they must be replaced periodically. The filter is located at the air inlet, on the back panel of the machine.

|  |  |
| --- | --- |
| DO | DO NOT |
| Replace the air filter every 3 months 🗸 | * Wash or wet the filter |
| Use only recommended filters 🗸 |  |

Humidifier Chamber **WASH DAILY:** Should be emptied daily and refilled with water to the indicated maximum line.

|  |  |
| --- | --- |
| DO | DO NOT |
| * Rinse daily and allow to dry | * Place in direct sunlight |
| * Re-fill each night to indicated line | * Use scours or abrasive products |
| * Check for wear and tear and report leaking immediately to clinic | * Use chamber if leaking |

**WEEKLY:** Wash with warm soapy water.

|  |  |
| --- | --- |
| DO | DO NOT |
| * Fill the chamber with fresh water when used | * Place additives to the water eg: essential oils, Vicks, peppermint. As this can reduce the humidification of the device and cause wear on the chamber materials. |
| * Ensure the water chamber is emptied daily | * Fill the chamber above maximum fluid indicated line (as water can potentially enter the machine inlet) |
| * Wash chamber in warm, soapy water weekly. Rinse thoroughly & place it in the sun to dry | * Transport your CPAP machine if the humidifier contains water in the chamber |
| * Check for wear and tear and report leaking immediately to clinic | * Don’t use steel scouring pads, as this can damage the surface of the plate |

* **Note: The Jimboomba Sleep Clinic does medical sterilisation of the machines and accessories, for a fee of $50.00. (Please allow a full day for this, ie: Drop off early morning and pick up late afternoon)**

**\*Please call if you have an questions regarding the maintainence of your CPAP device.**

**Jimboomba Sleep & Allied Health Clinic**

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