

It is important to maintain your mask, headgear, tubing and humidifier as clean and hygienic as possible to prevent the following:

- ❖ Bacteria, germs and mould
- ❖ Rashes and risk of skin infection
- ❖ Mineralisation on the humidifier
- ❖ Foul odor (unpleasant smell)
- ❖ Malfunction or early equipment breakdown



#### Tips on Better Compliance:

- ❖ Adjust the mask and tighten the strap to check for air leakage if the machine alarm sounds.
- ❖ Consult your referring physician if you have persistent nasal blockage (blocked nose), dryness of throat, skin allergies and sores.
- ❖ Follow your Sleep Technologist's advice on the importance of proper care for your machine and its accessories.

#### Clinics 4A

TTSH Medical Centre, Level 4

#### Contact:

6256 6011 (General Enquiries)



Scan the QR Code with your smart phone to access the information online or visit

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## Department of Respiratory & Critical Care Medicine

## CPAP Maintenance and Troubleshooting





## Common Issues with CPAP Usage

### Dryness of mouth and nasal passage

- The pressurised air causes dryness inside your mouth and nose overtime. A heated humidifier can relieve this issue by delivering moist air
- It is recommended to use a chin strap to keep the mouth closed during sleep
- Consult your doctor on the use of decongestant or use of nasal spray for additional relief

### Pressure sore, red marks on the nose bridge, and skin irritation on the face

- Ensure your mask is properly adjusted on your face.
- Apply gel pad under your mask
- Tighten the strap to prevent air leakage into your eyes and mouth.
- Consult your physician on the use of heated humidifier if skin dryness occurs

### Mask leaks

- Ensure your mask is of appropriate size and fitting

## General Guidelines on Maintaining the CPAP Machine and Its Accessories

### Mask



- ❖ Wipe down your mask after every use
- ❖ Rinse dirty or oily mask, including headgear, with mild soap and lukewarm water, then air dry
- ❖ Replace the mask and headgear after 1 year or when the mask is worn out

### Tubing

- ❖ Wash the tubing every 2 weeks with mild soap and lukewarm water
- ❖ Air dry the tubing
- ❖ Replace the tubing when it is worn out



### Filter



- ❖ Replace fine filter once a month and coarse filters every 4 to 6 months
- ❖ Wash the coarse filters monthly and let it air dry
- ❖ Replace the filter immediately if the foam breaks down into small pieces

## General Guidelines on Maintaining the CPAP Machine and Its Accessories

### CPAP Machine



- ❖ Follow your CPAP machine service schedule
- ❖ Gently wipe down the external surface with a clean and soft cloth to remove dirt/dust
- ❖ Medical devices are subjected to product recall hence it is important to have a trusted vendor for support

### Chamber

- ❖ Empty the chamber before adding distilled water
- ❖ Remove the distilled water when not in use. Rinse well and let it air dry
- ❖ Clean the chamber with mild soap and water once a week



### Bacterial Filter



- ❖ Bacterial filter is disposable
- ❖ Replace and discard the bacterial filter monthly