

OptiLife™ Patient & Clinician Fitting Guide

FITTING THE CUSHION

Finding the right size pillows cushion

If using the plastic sizing gauge, insert each size into the nostril. The bottom rim of the gauge should not go into the nostril. Choose the size that best seals the nostril. When choosing between sizes, choose a larger size for a more robust seal with less insertion into the nostrils.



Select a cushion that fills the nostrils comfortably without any gaps between the cushion and the walls of the nostrils. The bottom rim of the cushion should not go into the nostril.



ATTACHING THE CUSHION

1. Look at the markings on the pillows cushion to determine the correct placement of the cushion onto the cushion attachment hub. The arrow on the cushion and the arrow on the interface should be on the same side, but may not align perfectly.



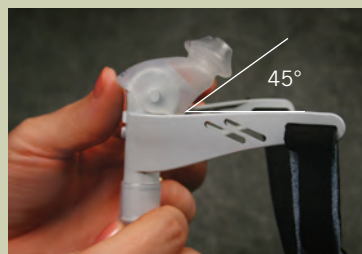
2. Attach the pillows cushion to the cushion attachment hub. This should be done one side at a time. Place the hole located on the side of the cushion over the corresponding post located on the hub.



3. Stretch the cushion over the cushion hub to attach the other side of the cushion. The cushion will stretch without tearing.



4. For proper placement of the cushion into the nostrils, rotate the cushion on the hub at approximately a 45° angle before inserting it into the nose.



PUTTING ON AND ADJUSTING THE INTERFACE

1. Place the nasal cushion into the nostrils. Hold the headgear back strap in front of the face and pull it over the head. The back strap has the Respironics logo on the blue (outer) side of the headgear.



2. The back strap should be positioned on the back of the head; the adjustable top strap should be positioned on the top of the head; and the side straps should be positioned above the ears.

(If side straps are resting on or below the ears see “Fitting Tips” at the end of this guide.)



3. Adjust the side straps to help move the pillows cushion comfortably into the nostrils. Adjust the side straps evenly on both sides.



4. Adjust the chin support band so that it rests **snugly** against the chin. DO NOT over tighten. The mouth should be able to open slightly without pulling the pillows from the nostrils.



5. If necessary, rotate the cushion on the cushion attachment hub for a comfortable fit.



REMOVING INTERFACE

Pull the headgear back strap and slide it forward over the head.



Fitting Tips

HEADGEAR FITTING TIPS

1. Side headgear straps are sitting on or covering the ears.



Tighten the top headgear strap to move the side straps off of the ears.



Correct position.



2. Back headgear strap is sliding.



Loosen the top strap and move the back strap down toward the neck. Re-adjust the side straps and chin support band for comfort.



3. If the patient has long and silky hair, place the hair over the back of the headgear strap.



CUSHION SEAL FITTING TIPS

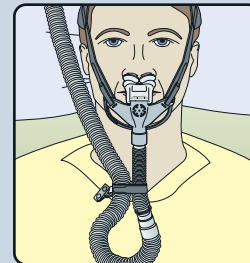
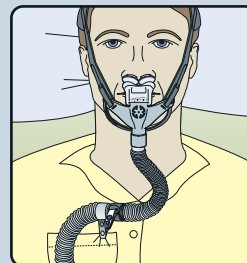
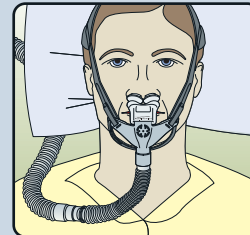
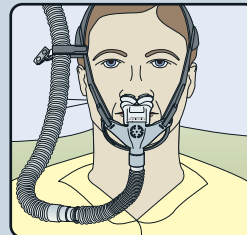
1. Try a different size cushion.
2. Verify chin support band is not over tightened.
3. Move headgear side straps to front slot.
4. Rotate cushion for better placement in nostrils.
5. Re-adjust mask fitting while lying down.
6. Review "Tube Management" section (below) for helpful tips.



TUBE MANAGEMENT

With all lightweight masks, tube management is an important step to assure seal and stability.

The Velcro® ring provided with the OptiLife mask can be used to help manage the CPAP tubing to optimize mask stability.



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