



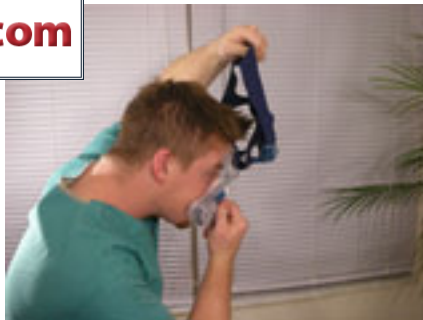
1) Squeeze out desired amount of CPAP Mask Gel on to the finger you will apply the gel to the mask with.



2) Apply desired amount of CPAP Mask Gel to the outer perimeter of silicone cushion.

Tip: Apply a thin, smooth layer where the skin on your face touches the silicone cushion.

Provided for your reference by
cpapXchange.com



3) Press your face against the silicone cushion while returning your head to the normal upright position.
Tip: Keep the top straps attached to the mask and the bottom un-clipped. Pull the bottom straps over your head toward the back of your neck. Then attach the bottom clips.



4) Fasten lower straps to mask and adjust tightness as needed.

CLEANING INSTRUCTIONS:

When cleaning your CPAP mask you should use: 1 part white vinegar to 10 parts water, to maximize the length of use for the silicone cushion insert and plastic shell that the silicone insert fits into.

Mask manufacturer recommend that patients clean and disinfect their CPAP Masks and Hose after every use to minimize the risk of illness or infection.

1) Soak the silicone cushion insert and plastic shell in the solution for 60 to 90 seconds.

Tip: Use a container large enough to submerge the entire mask.

Tip: Keep the same solution in the same container for up to 96 hours. (4 days)

2) Wipe away any excess CPAP Mask Gel from the silicone cushion insert.

Tip: Use a rag. (Not a paper towel or tissue.)

3) Allow the silicon cushion and plastic shell of the mask to air dry.

4) Repeat cleaning instruction after every use.