

CPAP & MASK REPLACEMENT TIPS

HOW DO YOU KNOW WHEN TO REPLACE YOUR CPAP PARTS?

MASK PART REPLACEMENT TIPS

Signs that your mask may need to be replaced:

- You have to tighten the straps often
- The mask has lost its spring
- Your therapy feels less effective than usual
- The cushion is still slippery, even after being cleaned

Recommended Replacement Guidelines

Replacing your mask and mask cushions on a regular basis is important for hygiene, and to ensure that your therapy is as clean, comfortable and effective as possible.

Every 14 days

- Nasal mask cushions



Every month

- Full face mask



Every 3 months

- Mask frame systems



Frame systems are in close proximity to your face and should be replaced regularly to keep therapy effective and hygienic.

Every 6 months

- Mask headgear



Headgear can become stretched out and lose elasticity with regular use, which can lead to over-tightening and discomfort. Bacteria from sweat and moisture can also build up over time.

CPAP MACHINE PART REPLACEMENT TIPS

Recommended Replacement Guidelines

Every 14 days

- Air filters



Filters can wear out with use. Dirt and dust can also build up over time, which can lead to blockages and unsanitary conditions.

Every 3 months

- Air tubing



Tubing can develop small holes or tears over time, which can cause air leaks.

Every 6 months

- Humidifier water tub



Tubs can become discolored, cloudy, pitted or cracked which can trap bacteria.

Every 5 years

- CPAP, APAP, & BiLevel machine



Replacing your machine every 5 years will ensure that you receive your prescribed therapy and updated technology.