

Cleaning your Positive Airway Pressure (PAP) Equipment

Always follow the specific manufacturers recommendations provided with your equipment. It is a good idea to avoid cleaning your equipment and supplies while vacuuming, near an open window, or in dusty, dirty or smoky areas to avoid potential infection and airborne bacteria.

Daily

1. Wash mask daily in mild detergent, free of chlorine, alcohol, antibacterial and scents.
2. Remove the headgear from the mask. With a soft cloth, gently wash the mask with a solution of warm water and a mild, clear liquid detergent. Rinse thoroughly in clean water and allow it to dry away from direct sunlight. Only use distilled water to fill the chamber.

Weekly

1. Wash the air tubing in warm water using mild detergent. Rinse thoroughly in clean water and allow it to dry away from direct sunlight.
2. Wash the headgear on the mask using mild detergent. Rinse well.

Monthly

1. Wipe the exterior of the machine with a damp cloth and mild detergent.
2. Check the air filter for mold and blockage by dirt or dust. Replace as necessary. At least every 6 months.
3. Peel the flip lid seal from the flip lid and wash it in warm water using a mild detergent.
4. Check your PAP equipment for wear and deterioration.
5. Clean white powder deposits in the water tub by using a solution of one part household vinegar to ten parts water.

Medicare Replacement Guidelines for Supplies:

Per Month	Per 3 Months	Per 6 Months
Filters – 2 per 1 month (disposable)	Mask – 1 per 3 months	Headgear – 1 per 6 months
Nasal cushion/pillows – 2 per 1 month	Tubing – 1 per 3 months	Filter – 1 per 6 month (non-disposable)
Full face-mask cushion – 1 per 1 month		Chin strap – 1 per 6 months
		Water chamber – 1 per 6 months

Ask yourself:

- Is your mask leaking, does it have a tear or is it discolored?
- Has it stretched, does it adhere like when it was new?
- Does your tubing leak, have mold or bacteria build up?
- Do your filters have dust or pollen build up?

If you answered yes to any of these questions, you most likely need a replacement. Contact your durable medical provider or let your nurse know.

Note: Medicare requires documentation of the functional condition of the item(s) being refilled in detail to demonstrate the need for replacement. For example, “I am not able to get a good seal on my mask at night”.

