

CPAP/BILEVEL CLEANING & MAINTENANCE

Taking proper care of your CPAP/BiLevel mask and accessories is essential for successful sleep therapy. For more information on cleaning and maintenance, visit <https://www.rotech.com/newCPAP>. Use the following instructions and tips for cleaning and disinfection:

General CPAP/BiLevel Maintenance and Cleaning

- Make your equipment cleaning part of your morning routine, allowing ample time to dry during the day.
- Keep your machine and accessories out of direct sunlight to avoid damaging them.
- Never use bleach to clean accessories or equipment.
- Place your machine on a level surface away from objects that may interfere with the air intake, like curtains or bedding.
- Are you battling a cold, flu, or another virus? Clean your mask, tubing, and humidifier daily to prevent reinfection.

Cleaning Your Mask

- Wash your mask daily with warm water and mild, non-fragrant soap (e.g., Dove or Liquid Ivory Soap)
- Rinse with water and allow to air dry on a clean cloth or paper towel out of direct sunlight.
- Before using the mask at night, wash your face thoroughly and don't use facial moisturizers. Facial oil and moisturizers can break down silicone cushions.
- Each week, machine or hand wash headgear and chin strap in mild fabric detergent if soiled and allow to air dry.

If you have a ResMed UltraSoft™ memory foam cushion:

- Keep dry and away from liquids
- Keep out of direct sunlight
- Clean with alcohol-free wipes only

Tubing

- Clean tubing daily using warm soapy water. Rinse well and hang to dry out of direct sunlight.

Humidifier Water Chamber

- Carefully remove the water chamber, making sure water doesn't enter your CPAP/BiLevel machine.
- Empty the water chamber daily and refill it with distilled water to the "full" line.
- Once every 3 days, soak for 30 minutes in a 1:3 parts mixture of white vinegar and water, rinse under cold running water and allow to air dry. Dispose of white vinegar and water.

Filters

- Depending on the model, your equipment may have 1 or 2 filters.
- Rinse foam or non-disposable filters weekly and allow them to air dry.
- Change the white disposable filter every 2 weeks or monthly, depending on the conditions in your home.

IMPORTANT NOTE!

Even with regular cleaning and disinfection, you must replace cushions, masks, tubing, and humidifier chambers regularly to prevent bacteria build up. For more information and general replacement guidelines, please refer to the provided replacement schedule.