

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

CPAP/Bi-level care and maintenance of equipment

CPAP/Bi-level Mask

Cushion and Frame

Cleaning and maintenance of your child's mask are your responsibility. Your child's CPAP mask can generally last for 12-24 months and if it is cared for properly, it may last for several years. **Replacement of the mask is your responsibility.** Your Sleep Team contact can provide you with details of retail outlets for this purchase.

The cushion and frame of the mask should be cleaned every day using the hand-washing instructions or by wiping the mask with a clean damp cloth (or baby wipes). All parts of the mask should be cleaned at least once a week using the hand washing instructions or using the dishwasher instructions.

Hand washing instructions:

1. Disassemble the cushion from the mask frame (you will be shown how to do this).
2. Hand-wash the cushion and frame in warm water with a mild dishwashing detergent.

Please note: Do not use products that could damage the mask i.e. bleach, alcohol, chlorine based solutions, conditioners, moisturisers and strong household cleaners.

3. Allow each part of the mask to air dry away from direct sunlight and check for damage before putting them back together.

Headgear

1. Take the headgear off the frame.
2. Clean the headgear by hand in warm soapy water.
3. Rinse thoroughly in clean water. **Please note: Do not use bleach.**
4. Allow the headgear to dry away from direct sunlight.
5. Once dry, put the headgear back on the frame and adjust before using.

Please note: Do not use products that could damage the headgear i.e. bleach, alcohol, chlorine based solutions, conditioners, moisturisers and strong household cleaners.

Tubing

The tube is to be cleaned once a week.

1. Disassemble the circuit parts (you will be shown how to do this).
2. Hand-wash the tubing and tubing connectors using warm soapy water and rinse thoroughly.
3. Hang the tubing and allow to air dry away from direct sunlight.
4. When the tubing is dry check for holes or splits before putting back together.

Please note: If the tubing is damaged it will need to be replaced. Families are responsible for the replacement of the tubing.

5. Check the bacteria filter (if used) as it will need to be changed every 7-10 days or sooner if it becomes dark coloured. Families are responsible for purchasing filters if used.

CPAP/Bi-level machine

The CPAP or Bi-Level machine can be wiped over with a clean damp cloth. The machine has filters that filter pollens and dust from the air. Some devices have disposable and non-disposable filters.

Cleaning instructions for the non-disposable machine filters can vary with each device – please follow specific instructions provided to you with your device:

IF FILTER IS WASHABLE:

1. Remove the filters on a weekly basis and brush off any visible dust or debris
2. If the foam filter is dirty, rinse and squeeze the filter under running water.
3. Wash the filter in warm, soapy water and allow to air dry away from direct sunlight. Once the filter is completely dry, put the filter back into the CPAP/Bi-Level machine.

Please note: These filters will need to be replaced every 6 months. Please contact the outlet where you rent the equipment from.

Bacterial filter

You will need to use a bacterial filter on all rental machines. These filters connect between the machine and the tubing. These filters will need changing every 14 days. A supply of filters will be provided initially with your machine. You are responsible to replace these filters and your health professional will advise on sources for purchase.

Humidification Chamber

This should be emptied each morning, rinsed under flowing water and left to drain. Fresh water should be used in chamber each night. Chamber should be washed in warm water with mild dishwashing detergent then thoroughly rinsed every week. Chamber should be dried out of direct sun.

Contacts

- Scientific Officer
(02) 9845 1851/ (02) 9845 2107
- Registered Nurse
(02) 9845 0545
- Clinical Nurse Specialist
(02) 9845 0230
- Clinical Nurse Consultant
(02) 9845 2572
- Appliance Centre
(02) 9845 2563
- Biomedical Engineering Department
(02) 9845 2602

Remember:

- A mask can last several years, if cared for properly.
- Every day - The mask should be cleaned or wiped over.
- Every week - The mask and tubing should be cleaned.
- Every 2 weeks – the Anti-bacterial Filter needs to be replaced, if used.
- Every 6 months - Non disposable filters need to be replaced.