



CLEANING AND DISINFECTING RECOMMENDATIONS FOR PAP SUPPLIES

ALWAYS

- 🕒 **Wash your hands thoroughly** before and after cleaning your equipment
 - Hand washing is one of the most effective ways of preventing infection.

DAILY

- 🕒 **Clean the cushion or pillow with mild dish soap and water and let dry**
 - Do **not** use anti-bacterial soap--it has a high level of alcohol content and can cause the mask to breakdown much faster.
 - Baby wipes or CPAP wipes (available at BENSONS) are also an effective way to clean your mask.
- 🕒 **Check the level of your distilled water in the water chamber.** Change the water every 2-3 days.

WEEKLY/Bi-WEEKLY

- 🕒 **Submerge the tubing, water chamber, mask and headgear in soapy water** for 5-20 minutes, then rinse thoroughly and air-dry.
 - Heated tubing can be submerged in water, it will not affect the heating element

MONTHLY

- 🕒 **Remove filter from rear or side of unit.** If the white portion of the filter is gray, then it is time to replace it.
- 🕒 **Clean and dust the exterior of the unit.** This will prolong the life of your filter and help prevent dust from getting into the motor.

**A simple, effective way to clean your CPAP machine is with a SoClean machine,
which we offer at our site.**

No water, no chemicals, and no disassembly needed.

Please call our office for further information: 716-332-0404