



The following are some general guidelines and tips for cleaning your PAP Mask and Accessories.

## Daily Cleaning

### Mask

- Disassemble all mask parts.
- Hand wash with warm water and a [mild soap](#) or baby shampoo.
- Ensure to rinse everything thoroughly to remove all traces of soap
- Allow all parts to air dry away from direct sunlight before reassembling. \*\*\*Do Not wash the mask with hot or boiling water as it will damage the silicone and be sure to stay away from using any products containing an acid or alcohol (as they will dry out the silicone) or containing extra softeners (as these will soften the silicone too much).

## Weekly Cleaning

### Water chamber

- Remove the water chamber from the machine.
- Disassemble and wash all pieces with warm water and [mild soap](#).
- Rinse all pieces thoroughly to remove all traces of soap.
- Allow all parts to air dry away from direct sunlight before reassembling. \*\*\*Do Not wash the water chamber in the dishwasher unless the manufacturer's guidelines state that it is dishwasher safe. Even then be sure to place the chamber on the top rack only and run the gentle cycle to clean. Keep in mind that if you place a non-dishwasher safe water chamber in the dishwasher, it could warp under the pressure and temperature of the water.

### Tubing

- Hand wash the tubing with warm water and [mild soap](#) or baby shampoo
- Ensure to rinse the tube thoroughly inside and out to remove all traces of the soap
- Allow the tube to dry away from direct sunlight. Consider hanging the tube over a shower curtain rod or door to allow it to dry faster
- Consider using a [Tube Brush](#) daily to help maintain your tube between weekly cleans.

## Mask Headgear

- Hand wash with warm water using a [mild soap](#) or baby shampoo.
- Ensure to rinse everything thoroughly to remove all traces of soap.
- Gently pat dry with a soft towel; do not wring out the excess water as this will stretch the fabric
- Allow to air dry away from direct sunlight. \*\*\*Do Not machine-wash or machine-dry your headgear.

## Monthly Cleaning

### Disposable Air Filter

Replace the old disposable air filter based on your machine's replacement guidelines. This [filter](#) removes the microscopic dust particles that would otherwise enter your lungs, so timely replacement of this filter is essential. With most PAP machines this is done monthly, however, always refer to and follow your machine's specific replacement frequency guidelines.

## Every 3-6 months

### Mask and cushion

The CPAP [mask cushion](#) should be replaced every 3 months, and the complete mask should be replaced every 6 months. The mask wears out and breaks down over time even if it appears to be in good condition. This should be done because the soft silicone or foam cushions and seals deteriorate over time and no longer provide the optimal fit or seal. Changing the cushion and the mask every 3 to 6 months will ensure that your CPAP treatment remains as comfortable and effective as possible. It also provides you with an opportunity to try a different model, style or size of the mask, so you can tailor the CPAP therapy to your personal preferences and needs. ([PAP Masks](#))

### CPAP Tubing and water chamber (humidifier)

CPAP accessories such as the tubing and humidifier are grounds for bacterial growth. Washing with antibacterial soap or using UVC Light Sanitizer like [Lumin](#) significantly reduces the growth of bacteria, however studies performed indicate that even with frequent washing, bacterial growth cannot be eliminated after approximately 6 months, and should be replaced.

## Important to Note:

- Never leave your items to dry in direct sunlight as it may damage the equipment.
- Do Not use heavily scented cleaners, conditioners, or moisturizers to clean your equipment as they may leave residue.
- NEVER use products containing bleach, chlorine, acid or alcohol to clean your equipment.

**Need more help? Try booking a [video consult](#) with one of our Clinical Support Specialists for further assistance.**