

## **General CPAP Patient Instructions**

Instructions may vary between your pharmacy and our office.  
If needed consult your CPAP machine and mask/tubing owner's manual.

### **Cleaning:**

- Generally clean your supplies using mild daily shampoo
- Wash mask cushion at least 1-2 times per week
- Wash water chamber if leaving water in it all day long once a week (Otherwise every 3-4 weeks)
- Every 3-4 weeks wash hose/tubing (or weekly if desired)
- Every 4-6 weeks hand wash headgear straps with shampoo
- Hang headgear straps/hose in a dry indoor setting to allow complete drying of equipment before use

### **Replacement Parts:**

- Every 6 months replace headgear straps
- Every 3-6 months we recommend cushion replacement (depending on your mask type)
- Every year replace water chamber & hose/tubing
- We recommended having a backup available for all parts (hose, water chamber, filters, and masks).
- New CPAP units typically last between 6-8 years. Please do not use any ozone or other cleaning machines as they can damage the CPAP device.

### **Follow up visits:**

- When first initiating CPAP use, you may require frequent office visits until you feel comfortable. We then recommend an office visit once a year.
- Follow up visits for sleep apnea requires you to always bring in: your CPAP, hose/tubing, empty humidifier/water chamber, entire mask (headgear, frame and cushion) as well as both parts of the power-cord.
- We will ensure you meet insurance usage requirements and may also discuss newer treatment alternatives if needed.

Our goal is to ensure your health and quality of life improves through the recommended treatment options. Our priority and commitment is and will always be YOU the patient!