

# How to Care for Your Positive Airway Pressure (PAP) Equipment

A PAP is a machine to help people get more oxygen in their sleep. Please read the information below to learn how to care for your PAP machine.

PAP Equipment	How to Clean	When to Replace
Mask Cushion Nasal Pillows	<b>Daily:</b> Wash your hands. Wash with warm water and dish soap. Rinse thoroughly and air dry.	Cushion: every Month Nasal Pillows: every 2 to 4 Weeks
Headgear	<b>Weekly:</b> Wash with warm water and dish soap. Rinse thoroughly and air dry.	Every 6 Months
Humidifier Chamber	<b>Daily:</b> Empty the chamber and air dry. <b>Weekly:</b> Wash with warm water and dish soap. Rinse thoroughly and air dry.	Every 6 Months
Hose	<b>Daily:</b> Hang and allow to air dry (do not wash every day). <b>Weekly:</b> Wash with warm water and dish soap. Rinse thoroughly and air dry.	Every 3 to 6 months
PAP Filter (Disposable)	Do not clean PAP filters. Throw away used filters and use new ones as needed.	Every 2 to 4 Weeks
Reusable Filter (foam)	<b>Weekly:</b> Run under warm water. Squeeze and rinse the filter until no debris is seen. Air dry	Every 3 months



## Things to Remember

- Only use distilled water in your humidifier chamber.
- Empty your water chamber daily.
- Call your Durable Medical Equipment (DME) company before you have a month of supplies left.
- Bring all your PAP equipment to your pulmonary appointments.
- Change your PAP filter as recommended so you can breathe clean air!
- Wash your face before putting the mask on at night.
- Use your PAP machine for at least 4 hours a night.
- **Do Not** use alcohol to clean your PAP equipment.
- Use mild cleansers (such as warm water and dish soap) to clean your PAP equipment.