

**TABLE 297-3 Side Effects of Continuous Positive Airway Pressure (CPAP) and Their Treatments**

| <b>SIDE EFFECT</b>  | <b>TREATMENT</b>  |
|---------------------|---|
| Nasal congestion    | Provide heated humidification, administer saline/steroid nasal sprays   |
| Claustrophobia      | Change mask interface (e.g., to nasal prongs), promote habituation (i.e., practice breathing on CPAP while awake) |
| Difficulty exhaling | Temporarily reduce pressure, provide bilevel positive airway pressure   |
| Bruised nasal ridge | Change mask interface, provide protective padding   |
| Aerophagia          | Administer antacids   |