

Recommended Supplies Replacement Schedule

Obtaining a good seal between the PAP mask and your skin is important to help you get the benefits of nightly PAP therapy. Cleaning is necessary. Change your supplies on a regular basis. Over time, PAP supplies lose their ability to be cleaned, resulting in bacteria buildup, stiffness of silicone seals, and clogged filters.

New tubing, filters and humidifier chambers optimize your therapy, while reducing the potential for bacteria growth.

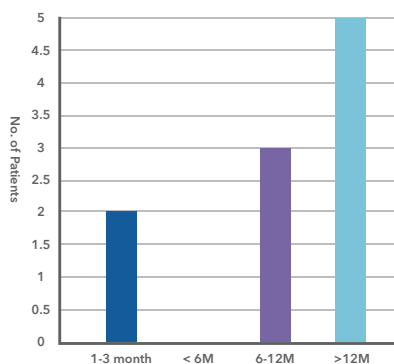
| Resupply | Equipment | Reason to Replace Regularly |
|--|---------------------------------|--|
| Every 1–3 months (Manufacturer Dependant) | Disposable filter | <ul style="list-style-type: none"> Filters can wear out or clog if not replaced, and can expose you to dust, mold, and germs. |
| Every 6–12 months | Mask cushions and nasal pillows | <ul style="list-style-type: none"> Cushions breakdown. Replace to ensure a good seal and fit. |
| | Mask (cushion/headgear/frame) | <ul style="list-style-type: none"> The silicone loses the ability to be cleaned, and can grow bacteria and mold. |
| | Chinstraps | <ul style="list-style-type: none"> Headgear straps stretch out affecting mask fit. They also can harbour germs. |
| | Reusable (washable) filters | <ul style="list-style-type: none"> Reusable filters can clog if not replaced, and can grow bacteria and mold. |
| As required | Water chamber | <ul style="list-style-type: none"> Chambers can age and crack, and can grow bacteria and mold. |
| | Tubing | <ul style="list-style-type: none"> Tubing can break down and leak which decreases therapy effectiveness. |

These are general recommendations on when to replace your equipment and supplies. Time frames may vary based on wear/usage and environmental conditions such as air quality and temperature.

What the Research Says

A 2009 study at Harvard University, by Dr. Alex Horowitz, Dr. Sandra Horowitz and Dr. Chinhak Chun showed that over time, PAP masks, even when cleaned and taken care of regularly, contain high amounts of bacteria colonies and fungus (mold). Because of this, experts recommend replacing the mask and hose at least once every six months to guard against bacteria build up.

Fungal Growth and Mask Age
(all 5 patients with mask >1 year had fungal growth)



Culture of Mask > 6 months old Before and After Rewash

