

## Recommended Supplies Replacement Schedule

Obtaining a good seal between the PAP mask interface and your skin is important to help you get the benefits of continuous airflow. Although daily cleaning is necessary, the best way to assure a good seal is to change your supplies on a regular basis. Disposable supplies lose their ability to be cleaned, resulting in bacteria buildup, stiffness of flexible silicon mask seals, and clogged filters. New tubing, filters and humidifier chambers also keep your therapy in top notch condition, while reducing the potential for bacteria growth.

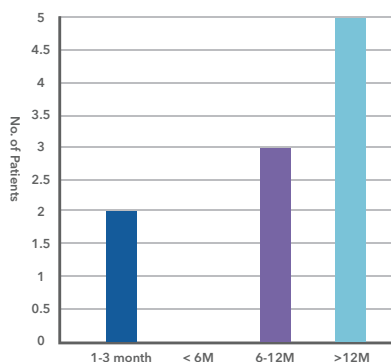
Resupply	Equipment	Reason to Replace Regularly
Every 2 months	Ultrafine filter	<ul style="list-style-type: none"> <li>Filters can wear out or clog if not replaced, and can expose you to dust, mold, and germs.</li> </ul>
Every 6–12 months	Mask cushions and nasal pillows	<ul style="list-style-type: none"> <li>Cushions degrade. Replace to ensure a good seal and fit.</li> </ul>
	Mask (cushion/headgear/frame)	<ul style="list-style-type: none"> <li>The silicon loses the ability to be cleaned, and can grow bacteria and mold.</li> </ul>
	Chinstraps	<ul style="list-style-type: none"> <li>Straps stretch out - resulting in overtightening. They also can harbour germs.</li> </ul>
	Non-disposable filters	<ul style="list-style-type: none"> <li>Non-disposable filters can clog if not replaced, and can grow bacteria and mold.</li> </ul>
As required	Water chamber	<ul style="list-style-type: none"> <li>Chambers can age and crack, and can grow bacteria or mold.</li> </ul>
	Tubing	<ul style="list-style-type: none"> <li>Tubes can wear down and cause leaking, which decrease therapy effectiveness.</li> </ul>

*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. 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

