

CLEANING PAP EQUIPMENT

Clean your PAP (Positive Airway Pressure) equipment as often as recommended.

The blower uses the air in your bedroom so dust, mold, or debris can build up in the tubing and mask over time. Oils from your face or hair can damage the plastic or lead to skin problems. Consistent cleaning will prevent these issues.

Do's

- ✓ Check your device's manual for instructions.
- ✓ Always use **distilled or boiled, then cooled water** in your PAP humidifier. If you're unable to use distilled water, be sure to remove any white buildup of mineral deposits, which may damage the humidifier.

Don'ts

- ✗ Do not clean your PAP equipment in the dishwasher.
- ✗ Do not wash your mask's straps in the washing machine. Wash by hand.
- ✗ Avoid liquid soaps with strong odors or perfume scents.
- ✗ Do not buy a special cleaner.

Daily cleaning

- **Mask:** Detach your mask from your device. Wash all the mask's surfaces with a mild soap, then rinse well. Place on a towel to dry. Do not place in direct sunlight. Velcro straps may need extra time to fully dry.
- **Replace water:** Remove the water tub. Dump out any leftover water, wash with mild soap, rinse well, and place on a towel out of direct sunlight to dry.

Weekly cleaning

- **Tubing:** Remove the tubing from your device. Wash all surfaces with a mild soap, rinse well, taking care to fully rinse the inside of the tube, and leave to air dry. Tubing may dry better if hung over a towel rack or shower rod out of direct sunlight.
- **Humidifier:** Remove the water tub. Dump out water. To sanitize it, fill it with an equal mix of water and white vinegar. Wait 15-20 minutes, then rinse well, and dry.

Monthly cleaning

- **All pieces (mask, tubing) of your PAP device should be sanitized monthly.** This can be done using the same water and vinegar mixture used weekly on your humidifier. Wash all items as usual, soak in the vinegar mixture in a tub or sink for 15-20 minutes, rinse well, and air dry as usual.

Resources

American Thoracic Society:
[The Care and Cleaning of Your PAP Device](#)