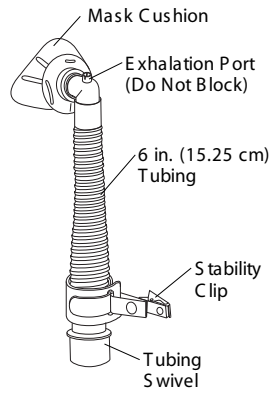




- Nasal Mask
- Headgear

- Nasal Mask & Headgear Assembly

### INSTRUCTIONS FOR USE



**Caution:** Federal law restricts this device to sale by or on the order of a physician.

The Respironics® Simplicity™ Nasal Mask is intended to provide an interface for adult patients when used with Respironics CPAP or bi-level therapy. The mask contains an exhalation port that provides a continuous leak path in the patient circuit. This mask does not require the use of a separate exhalation device. **LATEX-FREE**

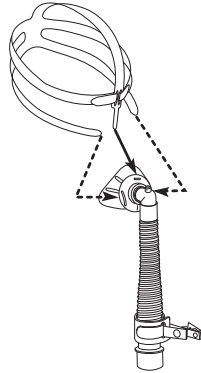


**Warning:** The Simplicity Mask is designed for use with CPAP and bi-level systems recommended by your physician or respiratory therapist. Do not wear this mask unless the CPAP or bi-level system is turned on and operating properly. Do not block or try to seal the exhalation port.

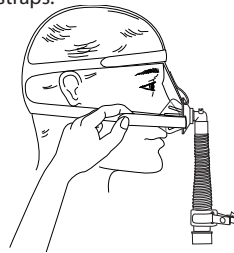
**Warning:** Most CPAP systems have the potential to allow rebreathing of exhaled air. CPAP systems are designed for use with masks (or connectors) that have exhalation ports. When the CPAP system is turned on, new air from the system flushes the exhaled air out through the exhalation port. If the CPAP system is not operating, the exhaled air may be rebreathed. Rebreathing of exhaled air for longer than several minutes can, in some circumstances, lead to suffocation.

**Assembly:** Before use, clean the mask following the cleaning instructions below.

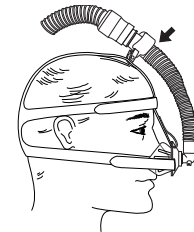
**Step 1** Unhook the headgear's tabs and thread them through the slots in the mask. The arrow printed on the back of the headgear should be pointing upward. Fasten the tabs onto the straps for the largest size possible.



**Step 2** Hold the mask in place on the tip of your nose, pressing comfortably against your face, and slide the headgear over your head. Adjust the straps.



**Step 3** Connect the circuit tubing to the mask swivel. Turn the CPAP or bi-level system on. Optional: Attach the stability clip to the headgear strap.



**Step 4** Lie down and breathe normally through your nose, keeping your lips closed. Unhook the straps and gradually tighten them until the mask has minimal leaks and fits comfortably. Adjust the top straps first, making sure that they are above your ears. Adjust the bottom straps, making sure the headgear securely fits the back of your head. Readjust the strap tension if leaks occur as your position changes. **NOTE:** Do not overtighten the straps. Overtightening can cause leaks.

### Removing the Headgear & Mask:

Because the entire headgear stretches, you should not need to unfasten the straps to remove the headgear. Simply slide the mask and headgear over your head. If necessary, unfasten either of the bottom straps.

### Cleaning Instructions :

For Multi-Patient Use Reusable. Contact Respironics at 1-800-345-6443 (US and Canada) or 1-724-387-4000 to obtain the mask Disinfecting instructions (order #1011138). For Home Use: Clean all parts of the the mask daily. Clean the headgear at least once each week or more often if needed. Before cleaning, disconnect the mask and headgear. Fasten the tabs on the straps so that they don't catch other garments in the laundry.

#### Mask

**Step 1** Hand wash the mask in warm water with a mild dishwashing detergent. Do not use bleach, alcohol, cleaning solutions containing alcohol, or any strong household cleaners. Do not use cleaners containing conditioners or moisturizers.

**Step 2** Rinse thoroughly. Air dry. Make sure the mask is dry before use. Inspect the mask after cleaning. Replace the mask if any parts are damaged or deteriorated.

**NOTE:** The mask should last approximately 12 months when cleaned according to instructions.

#### Headgear

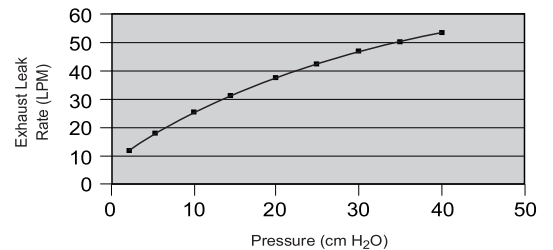
**Step 1** Hand or machine wash with a standard laundry detergent and warm water. Rinse thoroughly. Do not use bleach.

**Step 2** Line dry or machine dry at the lowest heat setting.

**NOTE:** Slight readjustment of the straps may be needed after repeated washings.

**NOTE:** As with any prescribed therapy, contact your doctor if any problems arise.

Pressure vs. Leak Rate



ORDER NO.	ITEM
1011138	Disinfecting Instructions
1002757	Simplicity Mask & Headgear, Small
1002759	Simplicity Mask & Headgear, Medium
1002764	Simplicity Headgear
1003658	Simplicity Mask Cushion, Small, 1 ea.
1003657	Simplicity Mask Cushion, Small, 5/pack
1003659	Simplicity Mask Cushion, Medium, 1 ea.
1003656	Simplicity Mask Cushion, Medium, 5/pack