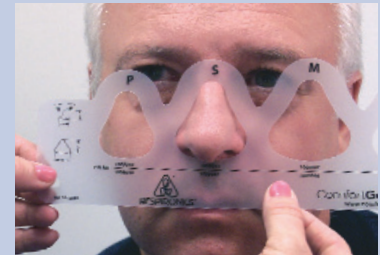


ComfortGel™ and ComfortSelect™ Best Practice Guide for Sizing & Fitting

SIZING THE MASK

Use the Sizing Gauge to determine the appropriate mask size.

1. Place the sizing gauge over the patient's nose.
2. Choose the smallest size that is wide enough to extend beyond the nostrils but does not obstruct normal nasal breathing.



PREPARING THE MASK FOR FITTING

Prepare the mask before placing it on the patient.

1. Adjust the straps on the headgear to a large setting.
2. Set the forehead arm adjustment to its highest position.



3. Disconnect one side of the headgear by releasing a ball-and-socket clip on one side.



MAKING INITIAL ADJUSTMENTS

Place the mask on the patient and make pre-adjustments while the patient is sitting.

1. Ask the patient to hold the mask against the face then attach the headgear on the disconnected side.
2. Adjust the top strap so that the forehead pad is slightly touching the forehead.
3. Adjust the bottom strap so that the mask is sitting gently on the face and is NOT tight.



4. Be sure that the headgear straps are parallel and the headgear is fully extended and flat across the back of the head.



MAKING FINAL ADJUSTMENTS

Administer final adjustments to the mask while the patient is lying down.

1. Ask the patient to lie down.
2. Adjust the forehead support arm to allow the forehead pad to rest evenly against the forehead.
3. Tighten the top straps (if necessary) so that the forehead pad rests comfortably against the forehead.
4. Tighten the bottom straps so that the mask is snug against the face.



IDENTIFYING LEAKS

Administer pressure and identify leakage.

1. Apply a low level of pressure and ask the patient to turn from side to side on the bed.
2. Raise pressure to the prescribed level. Ask the patient to identify areas of leak that may impede the ability to sleep.



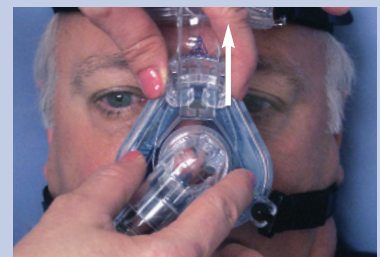
ADJUSTING FOR LEAKS

In the event of leakage, there are three recommended methods for obtaining a better seal:

First: Set the forehead adjustment to the optimal position.

For leaks under the nose or near upper lip:

Adjust the forehead adjustment to a **higher** position.
This distributes additional pressure to the base of the cushion.



For leaks around the nose or into the eyes:

Adjust the forehead adjustment to a **lower** position.
This distributes additional pressure to the top of the cushion.



Second: Re-seat the mask.

Pull the mask directly away from the face then place it back into place. This allows the cushion and flap to create a new seal on the face.



Third: Tighten the headgear.

First apply pressure directly to the mask in the location of the leak. If this eliminates the leakage, tighten the straps to accommodate the seal. *Note: excessive tightening of the mask may cause unnecessary discomfort and actually increase leakage.*

Note: The cushion of the ComfortGel can be customized for a more personalized fit. See your Operating Instructions for more detailed information.

Remove the mask.

To remove the mask, disconnect the ball-and-socket clip on one side.



See the *ComfortGel* and *ComfortSelect* online at
www.comfortseries.respironics.com



Customer Service: 800-345-6443 or 724-387-4000
Respironics Europe, Africa, Middle East: +33-1-47-52-30-00
Respironics Asia Pacific: +852-3194-2280
www.respironics.com

CAUTION: U.S. federal law restricts this device to sale by or on the order of a physician.
Respironics is a registered trademark; ComfortGel and ComfortSelect are trademarks of
Respironics, Inc. and its affiliates.

©2007 Respironics, Inc. and its affiliates. All rights reserved.