

# OptiLife™ Patient & Clinician Fitting Guide

## FITTING THE CUSHION

To determine the correct size for either the pillows or the CradleCushion™, you will first need to size the pillows cushion. Insert each pillows size into the nostril. The bottom rim should not go into the nostril. Choose the size that best seals the nostril. When choosing between sizes, choose a larger size for a more robust seal with less insertion into the nostrils.



For the **pillows cushion**, choose the size that fills the nostrils comfortably without any gaps between the cushion and the walls of the nostrils. The bottom rim of the cushion should not go into the nostril.



An appropriately sized **CradleCushion** should not block the nostrils. No part of your nose should be inserted into the cushion. Use the following as a guide to convert the size of the pillows cushion to the CradleCushion:

Pillows Cushion Size	CradleCushion Size
P	S
S	S or M
M	M
L	L or LN



## ATTACHING THE CUSHION

1. Use the same steps to attach the pillows cushion or CradleCushion. Look at the markings on the cushion to determine the correct placement of the cushion onto the cushion attachment hub. The arrow on the cushion and the arrow on the interface should be on the same side, but may not align perfectly.



2. Attach the cushion to the cushion attachment hub. This should be done one side at a time. Place the hole located on the side of the cushion over the corresponding post located on the hub.



3. Stretch the cushion over the cushion hub to attach the other side of the cushion. The cushion will stretch without tearing.



## ATTACHING THE CUSHION

Continued

- For proper placement of the cushion, align as indicated here.



For proper placement of the **pillows cushion** into the nostrils, rotate the cushion on the hub at an approximate 45° angle before inserting it into the nose.



For proper placement of the **CradleCushion** under the nostrils, place the CradleCushion in an upright position on the attachment hub.

## PUTTING ON AND ADJUSTING THE INTERFACE

- Place the **pillows cushion** into the nostrils or the **CradleCushion** under the nose. Hold the headgear back strap in front of the face and pull it over the head. The back strap has the Respiration logo on the blue (outer) side of the headgear.



- The back strap should be positioned on the back of the head; the adjustable top strap should be positioned on the top of the head; and the side straps should be positioned above the ears. (If the side straps are resting on or below the ears see "Fitting Tips" at the end of this guide.)



- Adjust the side straps to help stabilize the cushion comfortably. Adjust the side straps evenly on both sides.



- Adjust the chin support band so that it rests **snugly** against the chin. DO NOT over tighten. The mouth should be able to open slightly without pulling the cushion away from the nose.



- If necessary, rotate the cushion on the cushion attachment hub for a comfortable fit.



Pull the headgear back strap and slide it forward over the head.



## FITTING TIPS



1. Side headgear straps are sitting on or covering the ears.



Tighten the top headgear strap to move the side straps off of the ears.



Correct position.

2. Back headgear strap is sliding.

Loosen the top strap and move the back strap down toward the neck. Re-adjust the side straps and chin support band for comfort.



3. Chin support band is sliding.

Ensure the side straps are in the front slots.



4. If the patient has long and silky hair, place the hair over the back of the headgear strap.



## CUSHION SEAL FITTING TIPS

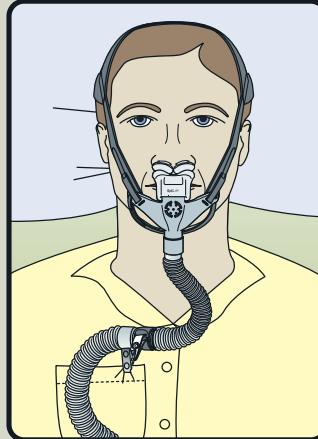
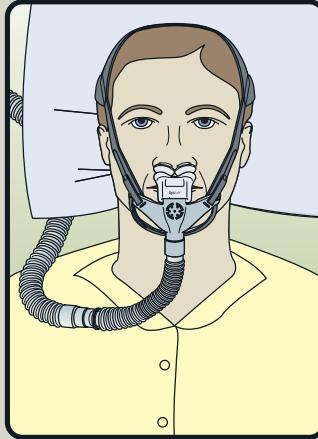
1. Try a different size cushion.
2. Verify chin support band is not over tightened.
3. Change slots used for the headgear straps.
4. Rotate cushion for better placement.
5. Re-adjust mask fitting while lying down.
6. Review “Tube Management” section (below) for helpful tips.



## TUBE MANAGEMENT

With all lightweight masks, tube management is an important step to assure seal and stability.

The Velcro® ring provided with the OptiLife mask can be used to help manage the CPAP tubing to optimize mask stability.



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