FullLife patient and clinician fitting guide

Sizing the mask

Use either the FullLife plastic sizing gauge or the gauge that is part of the mask package to determine the appropriate mask size.

Place the sizing gauge over the nose and mouth. The mouth should be open slightly. Choose the smallest size mask cushion that is wider than the mouth and long enough to extend beyond the lower lip.

Preparing the FullLife for fitting

The mask frame and headgear tabs are marked with numbers 1 through 4, indicating the order for adjusting the straps. (The strap stopper is the wider part of the strap, usually near the printed numbers on the headgear.)

These numbers also correspond with numbers on the faceplate to help with attaching the headgear described later in this guide.

Loosen the **lower** headgear band by peeling back the tabs and loosening them until the strap stopper is reached. Next, loosen the **side** headgear straps by peeling back the tabs and loosening them until the strap stoppers are reached.

Making initial adjustments

Make initial adjustments while sitting.

Pull the **lower** headgear band over the head and around the neck.

Position the **chin support band** so it rests under the chin. Place the mask cushion against the face by first setting the base of the cushion under the lower lip, then rolling the cushion up over the nose. Be sure the mouth remains slightly open.

Pull the remaining headgear over the head.

PHILIPS

RESPIRONICS

Hold the mask lightly against the face and tighten the straps and bands in the order they are numbered.

1. Adjust the **side** headgear straps evenly until they are snug but not tight.

2. Adjust the **lower** headgear band evenly until it is snug but not tight.

3. Adjust the **chin support band**. It should still rest comfortably under the chin and allow the mouth to open slightly. It is not intended to keep the mouth shut.

Correct fit:

4. Adjust the **top** headgear strap, if necessary. If the **side** headgear straps are resting on the ears, adjust the **top** headgear strap to lift the **side** straps slightly off of the ears.

Incorrect fit:

Do **not** over-tighten as it may cause the headgear to slip.

Incorrect fit:

If the skin bulges around the mask or you see red marks or impressions on the skin, loosen the headgear straps.

Correct fit:

There are no skin bulges around the mask or red marks/impressions on the skin.

Attach the tubing to the swivel elbow and turn on the air.

Make final adjustments while lying down.

If necessary, adjust the **side** headgear straps and **lower** headgear band so that the mask is snug but comfortable against the face. Do **not** over-tighten the headgear.

Tip: Check the SST flap on the cushion to be sure it has not curled inward, creating a gap between the cushion and the face that can cause a leak. To correct this issue, re-seat the mask by pulling it away from the face and gently setting it back into place creating a new seal.

Identifying leaks

Raise the pressure to the prescribed level and turn the head from side to side while lying on the bed and with the mouth open slightly.

Identify areas of leak that may prevent the ability to sleep.

Adjusting for leaks

In the event of leaks, follow these recommended methods to obtain a better seal:

1. Re-seat the mask. Pull the mask directly away from the face then gently set it back into place, allowing the cushion to create a new seal on the face.

2. Adjust the **side** headgear straps to eliminate leaks around the eyes.

Adjusting for leaks (continued)

3. Adjust the **lower** headgear band to eliminate leaks at the sides of the mouth.

4. Tighten the **chin support band** if the mask is leaking and/or riding into the eyes.

If leaks are still present, apply pressure with the fingers directly to the mask in the location of the leak. If this eliminates the leak, slightly tighten the strap closest to the leak to accommodate the seal. Do **not** over-tighten the headgear.

Note: Excessive tightening of the headgear may cause unnecessary discomfort and actually cause leaks. Remember, not all leaks need to be corrected.

Removing the mask

To remove the mask, grab the **back** headgear strap and pull the headgear forward over the head. The mask will rest on the front of the chest.

If necessary, disconnect one or both tabs of the **lower** headgear band and pull over the top of the head.

If you wake up in the middle of the night and want to disconnect the mask quickly from the elbow without completely removing it – squeeze the swivel quick-release tabs on each side of the blue connector and pull down.

Removing the headgear

Detach the tabs and pull the headgear through the frame slots, past the strap stoppers. Repeat until the headgear is removed from the frame. If washing in a washing machine, make sure to reattach the tabs to the headgear to avoid damage to other items.

When completely and properly assembled, the black side of the headgear fabric will rest against the skin, and the blue side will be visible on the outside.
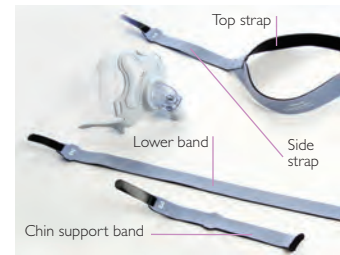
1. Hold the frame of the mask with the cushion facing toward you.

2. Thread the **side** headgear strap marked with a number 1 through the inside of the frame that is also marked with a number 1. The numbers on the headgear should be right-side up and the black side of the headgear should be toward the cushion. Pull the strap through the slot until the strap stopper is through the slot. Attach the tab. Repeat on the other side of the frame.

3. When correctly assembled, the headgear branding will face toward you.

4. Thread the **lower** headgear band marked with a number 2 through the inside of the frame slot that is also marked with a number 2. Make sure the blue side of the headgear is facing out. Pull the strap through the slot until the strap stopper is through the slot. Attach the tab. Repeat on the other side.

5. Starting on the right side of the frame and from the outside, thread the **chin support band** marked with a number 3 through the right frame slot also marked with a number 3. Make sure the black side of the headgear is facing up. Pull the band through the slot and past the strap stopper. Thread through the inside of the left side of the frame slot and attach the tab underneath to the blue side of the headgear.

Removing the cushion

Grasp the top of the mask cushion and peel it off of the frame.

Attaching the cushion

1. Place the raised triangular section of the mask cushion against the back of the mask frame.

2. Use your thumbs to press the mask cushion past the retaining tabs on the mask frame and press it into place.

3. Use your thumbs to press the round hole in the cushion around the circular hub on the frame. Start at the top of the cushion opening and work your thumbs around the opening until the cushion completely surrounds the frame hub.

4. At the bottom of the frame, pull the cushion forward and over the edge of the frame until the frame slides into the lip of the cushion. The front of the mask cushion should be flush with the front of the mask frame. This may cause whistling if not done correctly.

Fitting videos are available on our web site.

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