

OptiLife patient and clinician fitting guide

Fitting the cushion

To determine the correct size for either the pillows or the CradleCushion, first size the pillows cushion.

Whether using the sizing gauge or an actual 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.



An appropriately sized **CradleCushion** should not block the nostrils. The width of the cushion should extend beyond the outer edge of both nostrils, enabling the cushion groove to accommodate movement while maintaining the seal. No part of the 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.

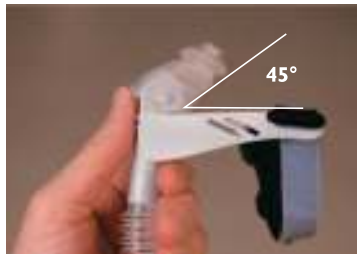


Attaching the cushion (continued)

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



4. 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



1. 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 logo on the blue (outer) side of the headgear.



2. The back strap should be positioned **low** 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" later on in this guide.)



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



4. 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.



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

Removing the interface

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



Headgear fitting tips



Incorrect position

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



Incorrect position

Back headgear strap is sliding forward.



Correct position

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



Incorrect position

Chin support band is sliding forward.



Correct position

Ensure the side straps are in the front slots.



If the patient has long or 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. Pull the cushion away from the face and reseal the cushion.
7. Review "Tube Management" section (below) for helpful tips.



Pillows cushions



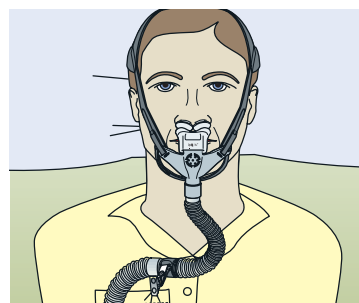
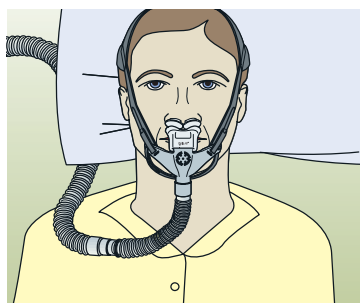
CradleCushions



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 tubing to optimize mask stability.



Fitting videos are available on our website.

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Respironics Asia Pacific
+65 6298 1088
Respironics Australia
+61 (2) 9666 4444
Respironics Europe, Middle East, Africa
+33 1 47 52 30 00
Respironics United Kingdom
+44 800 1300 845

Philips Respironics
1010 Murry Ridge Lane
Murrysville, PA 15668

Customer Service
+1 724 387 4000
800 345 6443 (toll free, US only)
www.philips.com/respironics