

FlexiFit™

S E R I E S

HC405
NASAL MASK

PATIENT INSTRUCTIONS FOR USE

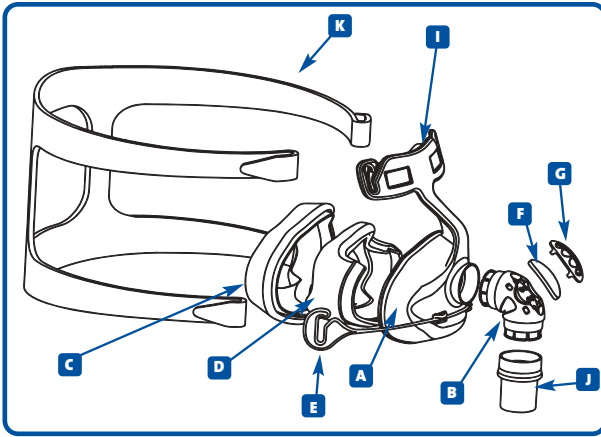
185042841 REV C

FISHER & PAYKEL HEALTHCARE

INTERNATIONAL	PO Box 14 348, Panmure, Auckland 6, New Zealand Tel: +64 9 574 0100 Fax: +64 9 574 0158 Email: info@fphcare.com Website: www.fphcare.com
USA	Tel: 1800 446 3908 or +1 949 470 3900 Fax: +1 949 470 3933
AUSTRALIA	Tel: +61 3 9879 5022 Fax: +61 3 9879 5232
AUSTRIA	Tel: 0800 29 31 23 Fax: 0800 29 31 22
BENELUX	Tel: +31 78 644 0924 Fax: +31 78 644 0914
FRANCE	Tel: +33 1 6446 5201 Fax: +33 1 6446 5221
GERMANY	Tel: +49 7182 93777 0 Fax: +49 7182 93777 99
IRISH REPUBLIC	Tel: +1800 409 011
ITALY	Tel: +39 06 7839 2939 Fax: +39 06 7814 7709
SPAIN	Tel: +34 902 013 346 Fax: +34 902 013 379
UK (EU Authorised Representative)	Tel: +44 1628 626 136 Fax: +44 1628 626 146
NTHN IRELAND	Tel: 0800 132 189

FLEXIFIT™ SERIES - HC405

PATIENT INSTRUCTIONS FOR USE



ASSEMBLING YOUR MASK

Your HC405 nasal mask is fully assembled and ready to use. However, when you need to clean your mask, use the following instructions for reassembly.

REFER TO THE MASK ASSEMBLY DIAGRAM.

- Place the Foam Cushion (D) into the Mask Base (A).
- Starting at the apex of the mask, fit the Silicone Seal (C) over the Foam Cushion and onto the Mask Base, finishing at the bottom of the mask.
- Push the Elbow (B) into the Mask Base.
- Lay the Headgear (K) flat with the loop side down. Position the assembled mask over the Headgear and attach the four straps into the corresponding slots in the Forehead Rest (I) and the Glider™ Strap (E). This can be done without undoing the Velcro™ tabs, by sliding the Headgear into the slots.

CLEANING YOUR MASK

To ensure the continuing safety and comfort of your HC405 nasal mask:

BEFORE EACH USE:

- Inspect the mask for deterioration. Do not use if aged or damaged.

AFTER EACH USE:

- Disassemble the Silicone Seal (C), Foam Cushion (D), Elbow (B) and the Headgear (K) from the Mask Base (A).
- Wash the Silicone Seal and Mask Base in warm soapy water then rinse in fresh water.
- Wipe the Foam cushion with a damp cloth. (Do not immerse the Foam Cushion in water).
- Leave all parts to dry out of direct sun light before reassembling.

The Diffuser (F) should not be washed or rinsed. Simply replace it with a new Diffuser if it becomes noisy or deteriorates. It should last two to three months. Small dots may appear on the Diffuser - these do not affect its performance. The HC405 nasal mask may be used with, or without the Diffuser and Diffuser Cap (G).

DO NOT WASH IN DISHWASHER

EVERY 7 DAYS:

- Hand wash the Headgear in lukewarm water using a mild detergent. Air dry out of direct sun light.
- If the mask weakens or cracks, seek a replacement immediately. Many people find CPAP therapy causes dryness of the nose and throat. Heated humidification can substantially reduce these symptoms. CONTACT YOUR SUPPLIER FOR DETAILS. The HC405 mask and accessories are latex free.

FITTING YOUR MASK

- Holding your mask in one hand, spread the Headgear (K) with your free hand just enough to fit comfortably over your head.
 - Lightly hold the mask against your face covering the nose then slowly pull the Headgear over your head.
 - Attach the Headgear to the Glider™ Strap (E).
 - Pull the lower straps as low as possible down back of neck. Gently tighten straps to remove slack. Connect to CPAP machine set at prescribed pressure.
- If necessary, tighten the lower straps to eliminate any leaks (Avoid overtightening the straps).
 - Use the Silicone Seal that provides the best fit for you. Medium/Small and Medium/Large are both provided with your mask.
 - When you need to remove your mask, unhook the Headgear from the Glider™ Strap.

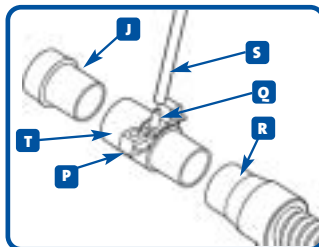


OXYGEN/PRESSURE PORT CONNECTOR

If pressure readings and/or additional oxygen are required, an Oxygen/Pressure Port Connector is available. (Code 900HC452)

- Connect the large end of the connector (T) to the swivel (J) on the mask and the small end of the connector to the main breathing tube (R).
- Open the Port Cap(s) (P) and place the pressure and/or oxygen tube (S) firmly over the Port(s) (Q).

(The two ports are identical; either port may be used for oxygen or pressure measurement. Only remove the Port Cap from Ports that are being used.)



WARNINGS

- Use only with recommended CPAP or Bi-Level equipment. Consult your sleep technician for details.
- Operation pressure range is 3-25 cmH₂O.
- Do not use mask unless it is connected to a CPAP/Bi-Level machine that is running at a pressure of at least 3 cmH₂O.
- Do not use the mask if vomiting or feeling nauseous.
- Do not block the gas exhaust ports or use alternative Diffusers, other than those manufactured by Fisher & Paykel Healthcare. Before use, always ensure that gas is flowing out the exhaust ports or through the Diffuser (if it is being used).
- If re-using the HC405 between different patients, refer to the **Lab Reprocessing Instructions** for the HC405 nasal mask.
- Discontinue using the mask if there is an allergic reaction to any part of the mask. Consult your physician if this occurs.

CAUTION

- US Federal Law restricts this device to sale by, or on order of a physician.
- Operating temperature range is 40-120°F (5-50°C).
- Use mask for its intended use only, as directed in this booklet.

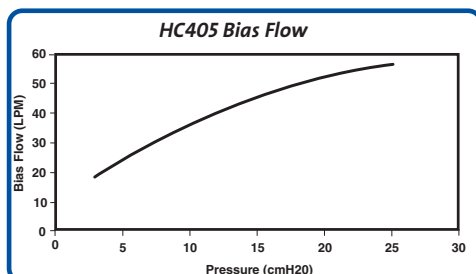
BIAS FLOW INFORMATION

Nasal masks for CPAP and Bi-Level have bias flow holes to expel the air that you exhale from the mask. The HC405 nasal mask has a unique Diffuser system that is designed to diffuse the air that is expelled from the mask. This reduces the draft. The Diffuser does not significantly change the amount of air flowing from the mask, therefore the mask can be used with or without the diffuser.

PRESSURE (cmH ₂ O)	3	5	7	9	11	13	15	17	19	21	23	25
FLOW (LPM)	18	24	28	33	38	42	45	48	50	52	54	56

RESISTANCE TO FLOW

Pressure drop through mask @ 50 LPM	0.1 cmH ₂ O
Pressure drop through mask @ 100 LPM	0.5 cmH ₂ O



FOR ADDITIONAL INFORMATION CONTACT YOUR LOCAL HOME CARE PROVIDER.