



Cleaning Procedures for Respiratory Products

Items That Must Be Cleaned

Humidifiers, nebulizer sets/masks, CPAP/BiPAP nasal application devices, mouthpieces, aerosol tubing, adapters, connectors, and reusable filters.

Note: Disposable paper filters cannot be washed or soaked. Replace these on your regular replacement schedule instead of cleaning them.

Supplies Needed

- Two cleaning containers with lids, or a clean sink
- A soft brush for hard-to-reach places
- Clean towels
- Plastic storage bags
- Mild, fragrance-free dish soap
- Distilled white vinegar
- Distilled water

Daily Cleaning — Mask Cushion

- Wash hands before and after handling equipment. Gloves may be used if preferred.
- Remove the mask cushion and wash with mild soap and warm water.
- Rinse thoroughly and lay flat on a clean towel to air dry, out of direct sunlight.

Weekly Deep Clean — Tubing, Headgear, Frame & Humidifier

- Wash hands before and after handling equipment. Gloves may be used if preferred.
- Take the equipment completely apart.
- Wash parts in warm water with mild soap, using the brush for hard-to-reach places.
- As an alternative to soap, parts (except disposable filters) may be soaked in a vinegar solution for 15–20 minutes: mix 1 part distilled white vinegar to 9 parts warm distilled water.
- Rinse thoroughly with clean distilled water to remove all soap or vinegar residue.
- Allow parts to air dry completely, out of direct sunlight, before reassembling.
- Once fully dry, store parts in a plastic bag when not in use.

Do Not Use

Never clean respiratory equipment with bleach, chlorine, alcohol, ammonia, or other harsh or scented chemicals. These can break down mask and tubing material and leave residue or fumes that may be inhaled during therapy.

Never use an ozone- or UV-based device to clean the CPAP/BiPAP machine itself.

Ozone & UV Sanitizing Devices

Ozone- and UV-based sanitizing devices may be used on the mask, tubing, and humidifier chamber only, as an added step after the cleaning above — never as a substitute for it.

Confirm the device is compatible with your specific mask and tubing before use, and always allow ozone devices to fully air out before reconnecting to your machine.

Note

To avoid contamination, infection, or re-infection, clean the mask cushion daily and complete the full deep-clean weekly — or as directed by our Respiratory Therapist or technician.