

ComfortLite 2 patient and clinician fitting guide

Preparing the ComfortLite 2 for fitting

Before you begin, pivot the angular adjustment to the #8 position and turn the vertical adjuster to extend the vertical tube several inches.



Selecting and sizing the ComfortLite 2 cushions

ComfortLite comes with three cushion choices: pillows, Simple, and Direct Seal. If sizing gauges are not available, use various sizes of the actual cushions.



Pillows cushion

Using the plastic sizing gauge, insert each size into the nostril. Choose the size that best seals the nostril. The bottom rim of the gauge should not go into the nostril. When choosing between sizes, choose a larger size for a more robust seal with less insertion into the nostrils.



Simple cushion

Use either the bag or plastic sizing gauge. Choose the smallest size cushion that is wide enough to extend beyond the nostrils and does not obstruct normal nasal breathing. Connect the Simple cushion to the elbow.



Direct Seal cushion

Using the plastic sizing gauge, place the gauge at the base of the nostril so that the indicator line is still visible. Choose the size that best corresponds to the nostril opening. The bulbs should rest just below the nostrils and should not be inserted into the nostril. When choosing between sizes, choose a larger size for a more secure seal. Size 5 is most commonly used.

Attaching the ComfortLite 2 cushion

Attach the selected cushion by sliding it onto the vertical tube and then turn until it clicks into place.



Making initial adjustments

The following steps can be used to fit the ComfortLite 2 mask with a pillows, Direct Seal, or Simple cushion. For this demonstration, we will use a pillows cushion.



1. Place the front of the headgear just above the eyebrows and pull the straps over the head.

Note: Wearing the headgear too high on the forehead may affect the angular and vertical adjustments, making it difficult to seal the cushion.



Correct headgear placement

2. Tighten the lower straps to provide a firm yet comfortable level of stability. The lower straps can be worn over or above the ears. The back strap should be pulled down toward the back of the neck for maximum support.



Incorrect headgear placement

3. If necessary, adjust the upper straps. Do **not** over-tighten the upper straps. This will cause the back strap to rise up on the head and become less stable. If there are issues with stability or ear irritation, move the top straps between the middle and top connection points to find the best fit.



4. Squeeze the tabs on the angular adjuster, and pull outward until the cushion rests gently against the face.



5. Using the vertical adjuster, move the cushion up (or down) until the cushion rests gently inside the nostrils (pillows), under the nostrils (Direct Seal) or over the nose (Simple cushion).



Making final adjustments

Connect the tubing of the PAP device to the crown swivel connector. Apply the prescribed pressure and adjust for any leaks. It is best to make adjustments while lying down.



Adjusting for leaks

If there are leaks around the nostrils and/or nostril discomfort, there are several adjustments that can be made to help control leaks. Remember, not all leaks have to be corrected.



1. Re-seat the cushion. Simply pull the cushion directly away from the face and gently put it back into place. Reseating should be tried first and should also be done after making other mask adjustments.



2. **Simple cushion:** Adjust cushion tilt. The Simple cushion is attached to an elbow with a ball on the end. Tilt the cushion upward or downward to eliminate leaks.



Pillows and Direct Seal cushion: Adjust the metal band that runs across the bottom of the cushion. Squeeze the metal band to bring the pillows/bulbs closer together or pull the metal band apart to separate the pillows/bulbs.



3. **Pillows and Direct Seal cushion:** Verify that the cushion is properly inserted onto the plastic housing of the exhalation chamber.



If not, adjust the cushion until properly inserted.



4. Use the vertical adjuster to move the cushion up and down until a comfortable, leak-free fit is found.



5. Use the angular adjuster to bring the cushion closer to the face.

Try a larger size cushion.



6. Adjust the headgear. Try moving the strap between the middle and top headgear connection points. Be careful not to over-tighten the top straps.

Helpful tips for successful use

Problem: Soreness or irritation in the nose with the pillows or Direct Seal cushion.

Solution: While the cushion is in the nose, squeeze the horizontal metal band on the bottom of the pillows or Direct Seal cushion to bring the pillows or bulbs closer together, or pull the metal band apart to separate the pillows or bulbs. This will redirect the air flow and reposition the cushion for a more comfortable seal and fit.

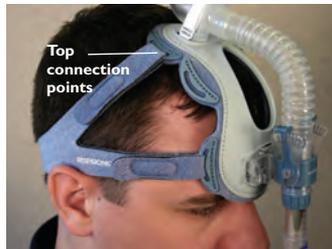


Problem: Headgear sliding up on head.

Solution: Loosen the upper straps or change the strap position. Tightly adjusted upper straps will cause the back strap to rise up on the head.



Loosen the upper tabs of the headgear. Position back strap low on the head toward the back of the neck and refasten upper tabs.



Another option is to move the headgear straps from the middle connection points to the top connection points.



For long or silky hair, wear the back strap under the hair.

Problem: Cushion pulls away from plastic housing of exhalation chamber.

Solution: Reinsert cushion onto the plastic housing.



Helpful tips for successful use (continued)

Problem: Vertical metal band coming out of exhalation chamber.



Solution:



Slightly flex cushion and reinsert metal band into the slot on the exhalation chamber.



Check that the headgear is just above the eyebrows. Always be sure to use the angle adjuster or the vertical adjuster to position the cushion closer to the nostrils.

Note: Do not squeeze the vertical metal band to bring the cushion close to the nostrils as this can cause the vertical metal band to frequently dislodge from the exhalation chamber.



Incorrect

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