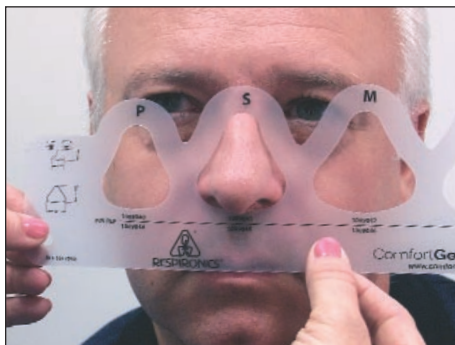


# Best Practice for Sizing & Fitting ComfortGel™ and ComfortSelect™



## 1. Use the Sizing Gauge to determine the appropriate mask size.

- Place the sizing gauge over the patient's nose.
- Choose the smallest size that is wide enough to extend beyond the nostrils but does not obstruct normal nasal breathing.



## 2. Prepare the mask before placing on the patient.

- Adjust the straps on the Deluxe Headgear to a large setting.
- Set the forehead arm adjustment to its highest position.



- Disconnect one side of the headgear by releasing a ball-and-socket or Quick Clip™ on one side.



### **3. Place the mask on the patient and make pre-adjustments while the patient is sitting.**

- Ask the patient to hold the mask against their face then attach the headgear on the disconnected side.
- Adjust the top strap so that the forehead pad is slightly touching the forehead.
- Adjust the bottom strap so that the mask is sitting gently on the face and is NOT tight.



- Be sure that the headgear straps are parallel and the headgear is fully extended and flat across the back of the head.



### **4. Administer final adjustments to the mask while the patient is lying down.**

- Ask the patient to lie down.
- Adjust the forehead support arm to allow the forehead pad to rest evenly against the forehead.
- Tighten the top straps (if necessary) so that the forehead pad rests comfortably against the forehead.
- Tighten the bottom straps so that the mask is snug against the face.



### 5. Administer pressure and identify leakage.

- Apply a low level of pressure and ask the patient to turn from side to side on the bed.
- Raise pressure to the prescribed level. Ask the patient to identify areas of leak that may impede their ability to sleep.



### 6. Adjust for Leak.

In the event of leakage, there are three recommended methods for obtaining a better seal:



#### First: Set the forehead adjustment to the optimal position.

#### For leaks under the nose or near upper lip:

Adjust the forehead adjustment to a **higher position**.  
This distributes additional pressure to the base of the cushion.



#### For leaks around the nose or into the eyes:

Adjust the forehead adjustment to a **lower position**.  
This distributes additional pressure to the top of the cushion.



### Second: Re-seat the mask.

Pull the mask directly away from the face then place it back into place. This allows the cushion and flap to create a new seal on the face.

### Third: Tighten the headgear.

First apply pressure directly to the mask in the location of the leak. If this eliminates the leakage, tighten the straps to accommodate the seal. Note: excessive tightening of the mask may cause unnecessary discomfort and actually increase leakage.

**Note:** The cushion of the ComfortGel can be customized for a more personalized fit. See your Operating Instructions for more detailed information.



### 7. Remove the mask.

To remove the mask, disconnect the ball-and-socket or Quick Clip on one side.



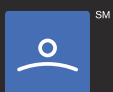
**See the ComfortGel and ComfortSelect online at [www.comfortseries.respironics.com](http://www.comfortseries.respironics.com)**



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