

Best Practice for Sizing & Fitting ComfortFull™ Full Face Mask



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

- Place the sizing gauge over the patient's nose and mouth.
- The **patient's mouth** should be **open slightly**.
- Choose the smallest size that is wider than the mouth and long enough to extend beyond the patient's lower lip



2. Prepare ComfortFull before placing on the patient.

- Adjust the straps on the ComfortHeadgear™ to a large setting.
- Set the **forehead adjustment** to its **highest position**.



- Disconnect one side of the headgear by releasing a quick clip and ball-and-socket headgear clip on one side.



3. Place ComfortFull on the patient and make pre-adjustments while the patient is sitting.

- Place the mask cushion against the patient's face by first setting the base of the cushion under the lower lip then rolling the cushion up to the nose. Note: **Do not** use the bridge of the nose as the starting point for fitting ComfortFull.
- While holding the mask against the patient, attach the headgear on the disconnected side.
- Adjust the top strap so that the forehead cushions are 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 **top** and **bottom straps** are **parallel**.



4. Make final adjustments to the mask while the patient is lying down.

- Ask the patient to lie down.
- Adjust the top straps of the headgear to allow the forehead cushions to rest evenly and comfortably against the forehead. **Do not** over-tighten the headgear.
- Tighten the bottom straps so that the mask is snug against the face.





5. Apply pressure and identify leakage.

- Turn the PAP device on at a low pressure level and ask the patient to turn from side to side on the bed as they would while sleeping.
- The **patient's mouth** should be **open slightly**.
- Raise the 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, follow these three recommended methods in order to obtain a better seal:



First: Set the forehead adjustment to correct for any leaks. This is a critical step in the fitting process.

Problem: Leaks around or below the mouth

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



Problem: Leaks around the nose or into the eyes

Solution: 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 ComfortFull may cause unnecessary discomfort and actually increase leakage.



7. Remove the mask.

To remove the mask, disconnect the Quick Release headgear options available on ComfortFull.



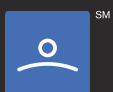
See the ComfortFull online at
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