

# Patient Guide for Sizing & Fitting ComfortFull™ 2 Full Face Mask

## 1. Prepare ComfortFull 2 for fitting.



Set the **Stability Selector™** to its **highest position**. To do this, squeeze the sides of the flexor arms and raise it up.



Loosen the top and bottom straps of the Comfort Headgear™ to more than accommodate the size of your head.



Disconnect both sides of the headgear by releasing the ball-and-socket headgear clips on both sides of the mask.

## 2. Put ComfortFull 2 on and make initial adjustments.



Place the mask cushion against your face by first setting the base of the cushion under the lower lip then rolling upward to the nose.

**Do not** use the top or bridge of the nose as the starting point for fitting the mask.



Note: Be sure to keep your mouth slightly open while fitting the mask.

## Step 2 continued...



While holding the mask against your face, wrap headgear around head and reattach both sides using ball-and-socket clips.



Adjust the top straps so that the forehead pad is slightly touching the forehead.



Adjust the bottom straps until the mask feels snug but comfortable against your face. The mask should not feel tight.



Be sure that the **top** and **bottom straps** of the headgear are **parallel** and the back headgear panel lies flat against your head.



### 3. Make final adjustments while lying down.



Attach PAP tubing to the mask and lie down.



Make sure the forehead pad still rests evenly against your forehead. If not, adjust the top straps of the headgear until the forehead pad rests evenly and comfortably against your forehead. **Do not** over-tighten the headgear.



Also check to make sure the cushion is still snug against your face. If not, tighten the bottom straps so that the mask is snug but comfortable against the face.

### 4. Apply pressure and identify leaks.



Turn unit on and apply prescribed pressure.

Turn your head from side to side on the bed as you would while sleeping.

Your **mouth** should be **open slightly**.



Identify areas of leak that may impede your ability to sleep.

## 5. Adjust for leaks.

In the event of leaks, follow these three recommended methods in order to obtain a better seal:



### **First: 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.

### **Second: Adjust the StabilitySelector to correct for any leaks. This is a critical step in the fitting process.**



### **Problem: Leaks around the nose or into the eyes**

**Solution:** Adjust the StabilitySelector to a **lower position**. This will bring the top of the cushion closer to the face.



### **Problem: Leaks around or below the mouth**

**Solution:** Adjust the StabilitySelector to a **higher position**. This will bring the bottom of the cushion closer to the face.

## Step 5 continued...

### **Third: Re-seat the mask again.**



### **Fourth: Tighten the headgear.**

If still experiencing leaks, apply pressure directly to the mask in the location of the leak. If this eliminates the leak, tighten the straps closest to the leak to accommodate the seal.

Note: Excessive tightening of the headgear may cause unnecessary discomfort and actually cause leaks.

Note: Not all leaks have to be corrected. If the leak is not disrupting your sleep, your therapy unit will compensate and deliver the appropriate therapy.

## 6. Remove the Mask.



To remove the mask, disconnect the ball-and-socket clip on one side and pull the mask up and over your head.

By using the ball-and-socket clip to remove your mask, you'll be able to maintain your mask and headgear adjustments from day-to-day.

See the ComfortFull 2 online at  
[www.comfortseries.respironics.com](http://www.comfortseries.respironics.com)

  
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CAUTION: U.S. federal law restricts this device to sale by or on the order of a physician.

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