ResMed AirTouch F20 (Large)

ResMed AirTouch F20 Cushion User Manual

Model: AirTouch F20 (Large)

1. Introduction

This manual provides essential information for the proper use, care, and maintenance of your ResMed AirTouch F20 Cushion. This cushion is designed to integrate seamlessly with the ResMed AirTouch F20 full-face CPAP mask, offering enhanced comfort and a secure seal for effective sleep apnea therapy. The AirTouch F20 cushion features UltraSoft memory foam, which conforms to facial contours, providing a gentle touch and helping to minimize discomfort, especially for users with sensitive skin or facial hair. Its innovative material also assists in regulating temperature, reducing heat and moisture buildup during therapy.



Image 1: The ResMed AirTouch F20 Cushion, designed for comfort and a secure seal.

2. Product Overview

The ResMed AirTouch F20 Cushion is a key component of the AirTouch F20 full-face mask system. It is crafted from UltraSoft memory foam, providing a comfortable and adaptive fit. This cushion is intended for replacement as part of routine maintenance to ensure optimal hygiene and performance of your CPAP therapy.

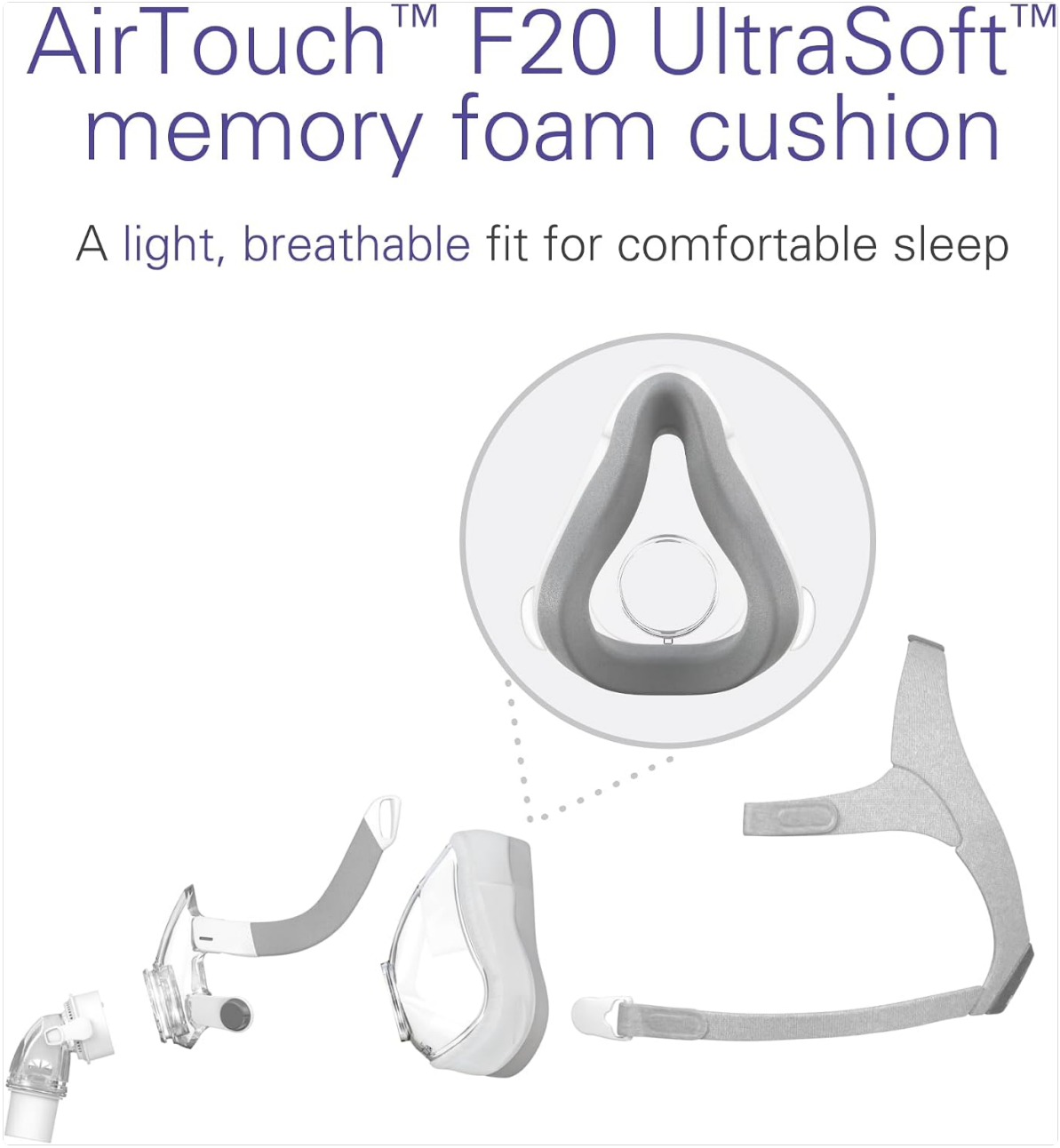


Image 2: Exploded view showing the AirTouch F20 cushion as part of the complete mask system.

2.1 Compatibility

This cushion is specifically designed for use with the ResMed AirTouch F20 full-face CPAP mask. Ensure you select the correct size (Small, Medium, or Large) for your mask frame to maintain proper function and comfort.



Image 3: Verifying the cushion size for proper fit with the mask frame.

3. Setup and Fitting

The AirTouch F20 cushion is designed for easy attachment and removal from the AirTouch F20 mask frame. For detailed instructions on assembling the full mask system, refer to your AirTouch F20 full-face mask user guide.

3.1 Attaching the Cushion

1. Align the cushion with the mask frame, ensuring the correct orientation.
2. Press the cushion firmly into the mask frame until it clicks securely into place.
3. Verify that there are no gaps between the cushion and the frame.

3.2 Achieving a Comfortable Seal

Once the cushion is attached to the mask frame and the mask is donned, adjust the headgear straps to achieve a comfortable and secure seal. The memory foam is designed to conform to your face without requiring excessive tightening of the straps. Avoid overtightening, as this can lead to discomfort and skin marks.

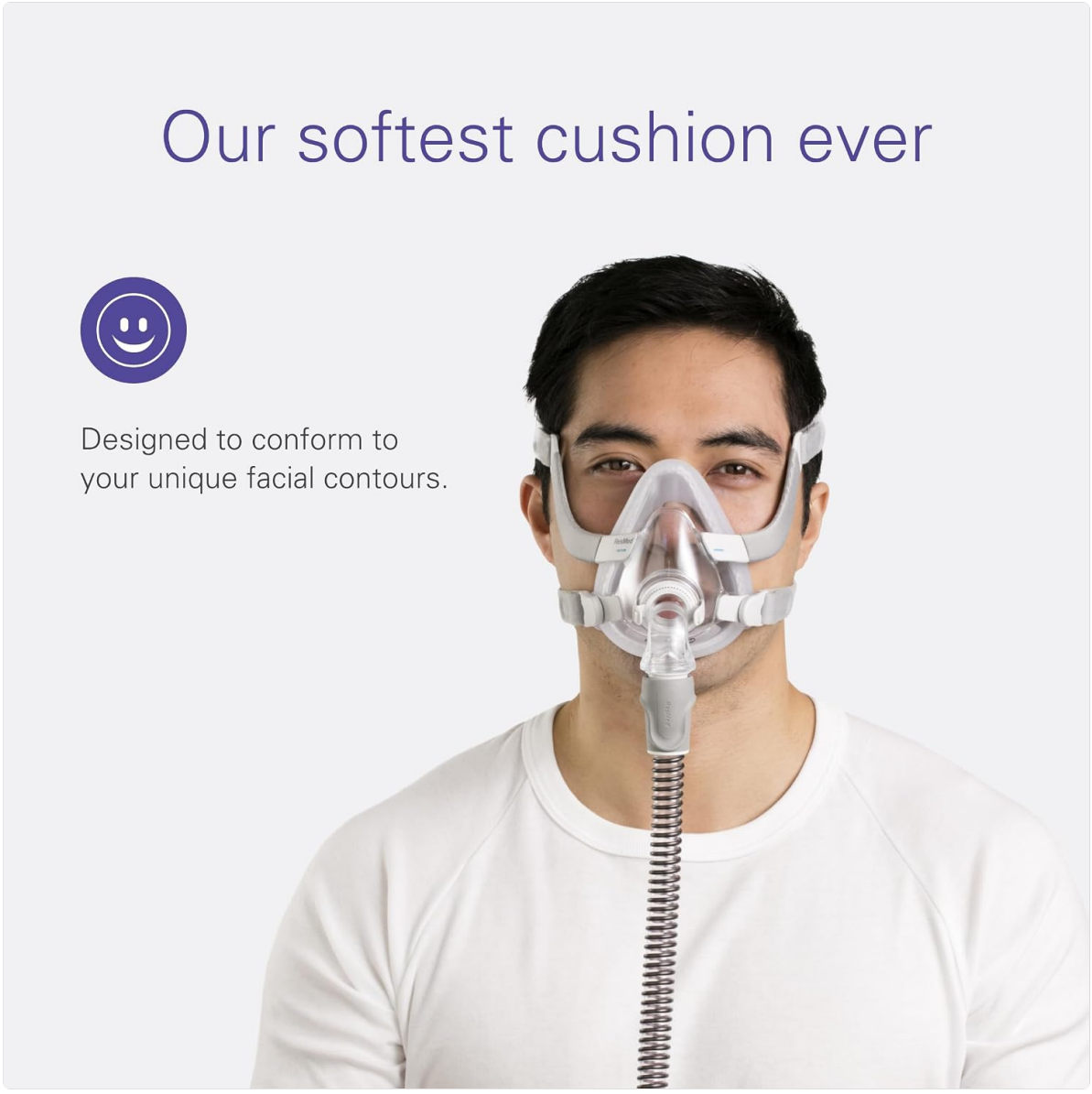


Image 4: A user demonstrating the comfortable fit of the AirTouch F20 mask with its memory foam cushion.

4. Operating

The AirTouch F20 cushion functions as the primary interface between your face and the CPAP therapy air pressure. Its memory foam material is designed to provide a soft, breathable fit that minimizes pressure points and helps maintain a consistent seal throughout the night. No specific operational steps are required for the cushion itself beyond proper fitting and regular maintenance.

5. Care and Maintenance

Proper care of your AirTouch F20 cushion is crucial for hygiene, comfort, and longevity. Due to the nature of the memory foam, cleaning procedures differ from traditional silicone cushions.

5.1 Cleaning Instructions

- **Clean with alcohol-free wipes only:** Gently wipe the cushion daily with alcohol-free wipes.
- **Keep dry and away from liquids:** The memory foam should not be submerged in water or other liquids.
- **Do not expose to sunlight:** Direct sunlight can degrade the material.

- **Do not use domestic cleaner or domestic cleaning devices:** Harsh chemicals or automated cleaners can damage the cushion.
- **Do not use alcohol wipes:** Alcohol can dry out and damage the memory foam.



Image 5: Visual guide for proper care of your AirTouch F20 cushion.

5.2 Replacement Schedule

For optimal performance and hygiene, it is recommended to replace your AirTouch F20 cushion monthly. Signs that indicate it's time for replacement include:

- You have to tighten the straps often to maintain a seal.
- The cushion has lost its original spring or softness.
- Your sleep therapy feels less effective than usual.
- The cushion starts to show visible wear and tear.

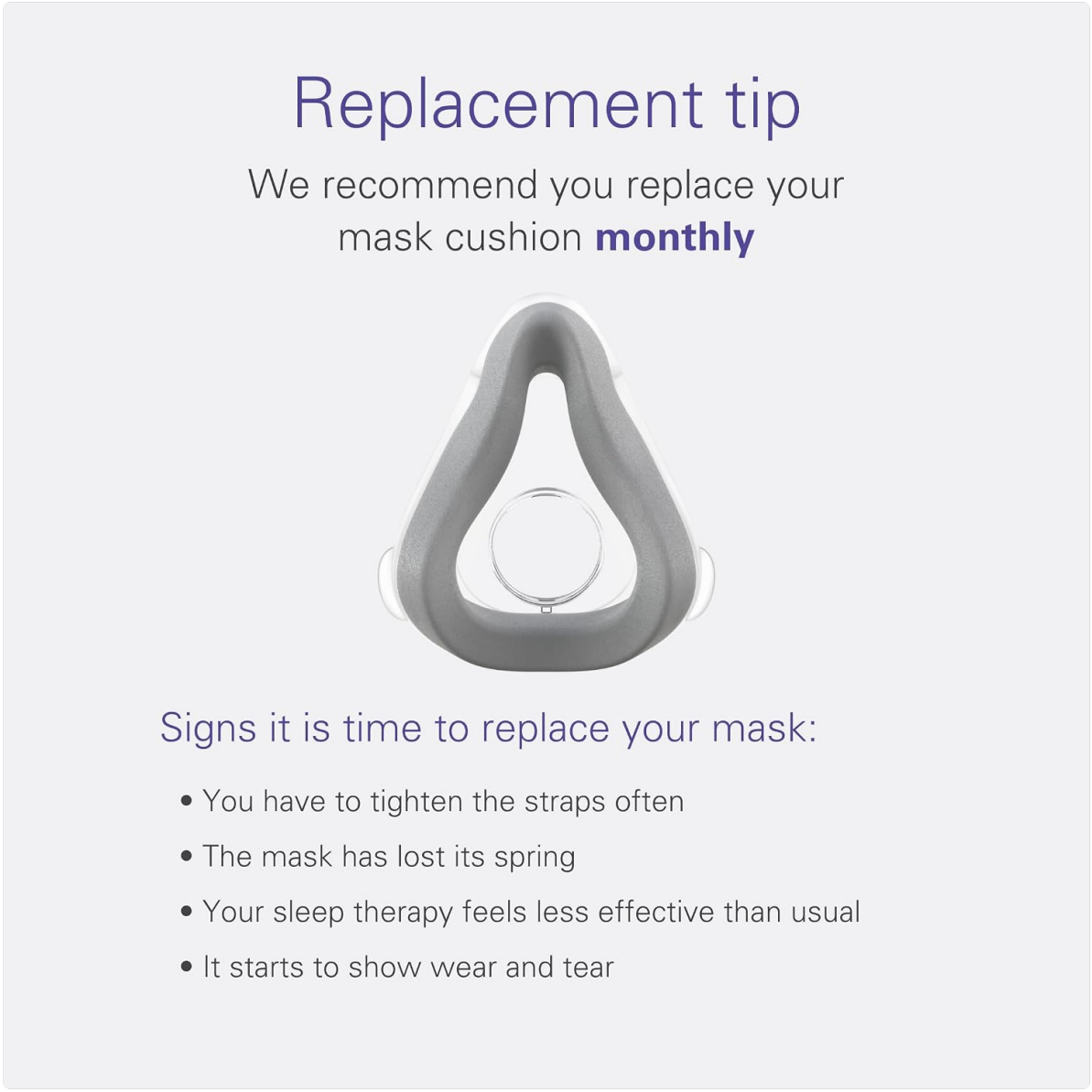


Image 6: Guidance on when to replace your AirTouch F20 cushion for continued effective therapy.

6. Troubleshooting

Most issues related to the AirTouch F20 cushion can be resolved by ensuring proper fit and adherence to the recommended replacement schedule.

6.1 Common Issues and Solutions

Issue	Possible Cause	Solution
Air Leakage	Improper fit, worn-out cushion, incorrect size.	Adjust headgear, replace cushion if worn, ensure correct cushion size for mask frame.
Discomfort/Red Marks	Overtightened headgear, cushion not conforming.	Loosen headgear slightly, ensure cushion is properly seated, consider if cushion needs replacement.
Cushion Degradation	Improper cleaning, extended use beyond recommended lifespan.	Follow cleaning instructions carefully (alcohol-free wipes only, no submersion), replace cushion monthly.

7. Specifications

Feature	Detail
Brand	ResMed
Model Name	AirTouch F20
Item Model Number	63028
Size	Large
Fill Material	Memory Foam
Material Feature	Hypoallergenic
Product Dimensions	3.94"L x 3.94"W
Item Weight	2.88 ounces
Recommended Replacement	Monthly

8. Warranty and Support

For information regarding the warranty of your ResMed AirTouch F20 Cushion, please refer to the warranty documentation provided with your original ResMed AirTouch F20 full-face mask system or contact ResMed customer support directly. ResMed is committed to providing high-quality products and support for healthier lives.

For further assistance, product inquiries, or to locate authorized ResMed distributors, please visit the official ResMed website or contact their customer service department. Contact information can typically be found on the product packaging or the main ResMed website.

Note: This manual is for informational purposes only and should be used in conjunction with the full ResMed AirTouch F20 full-face mask user guide.

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