

Fisher & Paykel 400BRE120

Fisher & Paykel Brevida One-Strap Headgear Instruction Manual

1. PRODUCT OVERVIEW

The Fisher & Paykel Brevida One-Strap Headgear is designed to provide a secure and comfortable fit for sleep apnea therapy. Its single-strap design simplifies application and adjustment, ensuring a reliable seal when used with the Brevida Nasal Pillow Mask. Constructed from soft, breathable materials, it aims to minimize facial pressure and support natural sleep positions. The headgear is detachable from the mask components, facilitating easy cleaning and maintenance.

2. SAFETY INFORMATION

Please read all instructions carefully before using the Brevida One-Strap Headgear. Failure to follow these instructions could result in discomfort or improper therapy.

- This headgear is intended for use with the Fisher & Paykel Brevida Nasal Pillow Mask only.
- Do not use if the headgear appears damaged or worn. Replace immediately.
- Ensure the headgear is not overtightened, as this can cause discomfort or skin irritation.
- Regularly inspect the headgear for signs of wear and tear.
- Keep out of reach of children.

3. PACKAGE CONTENTS

- One (1) Fisher & Paykel Brevida One-Strap Headgear (Model: 400BRE120)

4. SETUP AND ADJUSTMENT

Proper setup and adjustment are crucial for comfort and effective therapy. Follow these steps to attach and adjust your headgear:

1. **Attach to Mask:** Connect the grey side straps of the headgear to the corresponding clips on your Brevida Nasal Pillow Mask frame. Ensure they click securely into place.
2. **Position Headgear:** Hold the mask against your face. Guide the light blue main strap over the top of your head, ensuring it sits comfortably at the back of your head.
3. **Initial Adjustment:** Gently pull the grey side straps to achieve a snug but not overly tight fit. The mask cushion should seal against your nostrils without excessive pressure.

4. **Fine-Tune:** Lie down and connect your CPAP tubing. Turn on your CPAP device. If there are leaks, adjust the side straps incrementally until the leaks stop. Avoid overtightening.



This image displays the Fisher & Paykel Brevida One-Strap Headgear. It features a light blue main strap designed to go over the head, connecting to two grey adjustable side straps. These side straps include white clips for attachment to a nasal pillow mask. The design emphasizes simplicity and ease of use.

5. WEARING THE HEADGEAR

Once adjusted, the headgear should provide stable support for your mask throughout the night.

- The main strap should rest comfortably on the crown of your head, distributing pressure evenly.
- The side straps should run along your cheeks, connecting to the mask frame without obstructing your vision or causing discomfort.
- Ensure the headgear allows for natural head movement during sleep without dislodging the mask.



A top-down view of the Fisher & Paykel Brevida One-Strap Headgear. This perspective clearly shows the continuous light blue strap that encircles the back of the head, with the grey adjustable sections positioned at the sides. This design aims to provide stability and comfort during sleep.

6. CLEANING AND MAINTENANCE

Regular cleaning of your headgear is essential for hygiene and to prolong its lifespan. The headgear is detachable for easy cleaning.

1. **Detachment:** Carefully unclip the headgear from the mask frame.
2. **Washing:** Hand wash the headgear daily or as needed using mild soap and lukewarm water. Avoid harsh detergents, bleach, or alcohol-based cleaners, as these can damage the material.
3. **Rinsing:** Rinse thoroughly under running water to remove all soap residue.
4. **Drying:** Air dry completely out of direct sunlight. Do not tumble dry or iron.
5. **Reattachment:** Once dry, reattach the headgear to the mask frame, ensuring the clips are secure.

7. TROUBLESHOOTING

If you encounter issues with your headgear, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Headgear feels too tight or causes red marks.	Overtightened straps.	Loosen the side straps slightly. The headgear should be snug, not constricting.
Mask leaks around the nasal pillows.	Headgear too loose or improperly positioned.	Adjust the side straps to achieve a better seal. Ensure the main strap is centered on your head.

Problem	Possible Cause	Solution
Headgear slips during sleep.	Headgear too loose or worn out.	Tighten straps slightly. If the headgear is old and stretched, consider replacing it.
Skin irritation under the straps.	Overtightening, improper cleaning, or material sensitivity.	Ensure headgear is not too tight. Clean regularly. If irritation persists, consult your healthcare provider.

8. SPECIFICATIONS

- **Model Number:** 400BRE120
- **Brand:** Fisher & Paykel
- **Compatibility:** Fisher & Paykel Brevida Nasal Pillow Mask
- **Material:** Soft, breathable fabric (specific composition not provided)
- **Package Dimensions:** 10.63 x 6.54 x 1.5 inches
- **Item Weight:** 0.32 ounces
- **Date First Available:** October 8, 2018

9. CUSTOMER SUPPORT

For further assistance, warranty information, or to report any issues with your Fisher & Paykel Brevida One-Strap Headgear, please contact Fisher & Paykel Healthcare directly or your authorized medical equipment supplier. Refer to the packaging or the official Fisher & Paykel website for the most current contact details.

Manufacturer: Fisher & Paykel Healthcare

Note: Specific warranty terms and conditions may vary by region and retailer. Please retain your proof of purchase.