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› ResMed AirTouch N20 for Her CPAP Mask System User Manual

ResMed LES-63954-FBA-K

ResMed AirTouch N20 for Her CPAP Mask System User Manual

Model: LES-63954-FBA-K

INTRODUCTION

This manual provides essential information for the proper use, setup, maintenance, and troubleshooting of your ResMed AirTouch N20 for Her CPAP Mask System. Designed for comfort and ease of use, this system features an UltraSoft memory foam cushion and a quick-release elbow for a seamless sleep therapy experience.

Note: This product includes the nasal cushion, elbow, and frame system. *Headgear is not included* and must be acquired separately.

PRODUCT COMPONENTS



Image: Overview of the ResMed AirTouch N20 for Her CPAP Mask System, illustrating the frame, the UltraSoft memory foam nasal cushion, and the elbow connector. This image does not include the headgear.

The ResMed AirTouch N20 for Her CPAP Mask System typically includes the following components:

- **Frame System:** The main structure that supports the cushion and connects to the headgear (not included).
- **UltraSoft Memory Foam Nasal Cushion:** Designed to adapt to the shape of your face for a personalized fit and seal.
- **Elbow Connector:** Features a quick-release mechanism for easy disconnection from the CPAP tubing.
- **Magnetic Clips:** Integrated into the frame for quick attachment and removal of the headgear (headgear not included).

SETUP

Follow these steps to set up your AirTouch N20 for Her mask system:

1. **Assemble the Mask:** Ensure the UltraSoft memory foam nasal cushion is securely attached to the frame. The cushion should snap firmly into place.
2. **Attach the Elbow:** Connect the elbow connector to the front of the mask frame. It should click into position.
3. **Connect Headgear (Not Included):** If you have compatible headgear, attach it to the frame using the magnetic clips. The clips are designed for quick and secure attachment.
4. **Connect to CPAP Tubing:** Attach your CPAP machine's air tubing to the elbow connector.

Check the size



Image: Demonstrates the "S" size marking on the frame system and highlights the purple accents, indicating the "For Her" design. This image helps in verifying the correct size and model.

Fitting the Mask: Once assembled and connected to headgear, place the mask on your face. Adjust the headgear straps to achieve a comfortable and secure seal. The UltraSoft cushion will conform to your facial contours.

OPERATING INSTRUCTIONS

Using your AirTouch N20 for Her mask system is straightforward:

- **Donning the Mask:** With the headgear (not included) attached, hold the mask against your face and pull the headgear over your head. Adjust straps for a snug, but not overly tight, fit.
- **Quick-Release Elbow:** The elbow connector allows for easy disconnection from your CPAP machine without removing the entire mask. Simply press the quick-release tabs on the elbow to detach it from the tubing. This is useful for temporary interruptions during the night.
- **Comfort and Seal:** The UltraSoft memory foam cushion is designed to provide a comfortable and adaptive seal. If you experience leaks, gently readjust the mask on your face or tighten the headgear straps slightly. Avoid overtightening, as this can cause discomfort and skin irritation.

MAINTENANCE AND CLEANING

Regular cleaning of your mask components is crucial for hygiene and optimal performance. The UltraSoft memory foam cushion requires specific care.

Daily Cleaning (Cushion)

- The UltraSoft memory foam cushion should **not** be washed with water or cleaning solutions.
- Gently wipe the cushion daily with a clean, damp cloth to remove facial oils and residue.
- Allow the cushion to air dry completely before next use.
- Inspect the cushion for any signs of wear or degradation. Replace as needed.

Weekly Cleaning (Frame and Elbow)

- Disconnect the frame and elbow from the cushion and headgear.
- Wash the frame and elbow in warm water with a mild liquid detergent.
- Rinse thoroughly under running water.
- Allow components to air dry completely out of direct sunlight.

Important: Do not use bleach, alcohol, or strong cleaning solutions, as these can damage the materials. Always ensure all components are dry before reassembly and use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Air Leakage around Cushion	Mask not positioned correctly; headgear too loose or too tight; cushion worn out.	Reposition the mask on your face. Adjust headgear straps for a snug but comfortable fit. Inspect cushion for damage and replace if necessary.
Discomfort or Red Marks	Mask too tight; incorrect size; cushion not clean.	Loosen headgear straps. Ensure you are using the correct mask size. Clean the cushion regularly as per maintenance instructions.
Difficulty Breathing	Blocked vent holes; tubing kinked; CPAP machine issue.	Check vent holes on the elbow for blockages and clean if necessary. Ensure tubing is not kinked. Consult your CPAP machine's manual or healthcare provider if the issue persists.

Problem	Possible Cause	Solution
Mask Slipping	Oily skin; headgear too loose.	Clean your face before use. Adjust headgear straps.

SPECIFICATIONS

- **Model:** ResMed AirTouch N20 for Her
- **Item Model Number:** LES-63954-FBA-K
- **Product Dimensions:** 5 x 4 x 6 inches
- **Weight:** 4.8 ounces
- **Manufacturer:** ResMed
- **Components Included:** Nasal Cushion, Elbow, Frame System (Headgear Not Included)
- **Cushion Material:** UltraSoft Memory Foam

WARRANTY AND SUPPORT

For specific warranty information regarding your ResMed AirTouch N20 for Her CPAP Mask System, please refer to the documentation provided with your purchase or contact ResMed directly. Warranty terms typically cover manufacturing defects.

For product support, technical assistance, or to inquire about replacement parts, please visit the official ResMed website or contact their customer service department. You may also consult your healthcare provider or durable medical equipment (DME) supplier for assistance.

ResMed Official Website: www.resmed.com

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