Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Fisher & Paykel Nova Micro

Fisher & Paykel F&P Nova Micro Nasal Pillows Mask Instruction Manual

Model: Nova Micro

Overview Components Setup Operation Maintenance Troubleshooting Specifications Safety Information Warranty & Support

1. Overview

The F&P Nova Micro Nasal Pillows Mask is designed to provide effective and comfortable therapy for sleep apnea. This mask features a lightweight design and soft MicroPillows that gently seal within the nostrils.

Key Features:

- **Lightweight Design:** Weighs under 40 grams, aiming for a natural sleep experience.
- **Soft MicroPillows:** Cushions designed to nestle gently within the nostrils and conform to the nose.
- **Easy-Adjusting Headgear:** Features dual-sided adjustments for fine-tuning the fit.
- **Suitable for Nasal Breathers:** Recommended for patients who primarily breathe through their nose during sleep.
- **Reduced Facial Contact:** A small and light mask design minimizes contact and pressure on the face.

Figure 1: Complete F&P Nova Micro Nasal Pillows Mask assembly, including headgear, mask frame, cushion, and short tube.

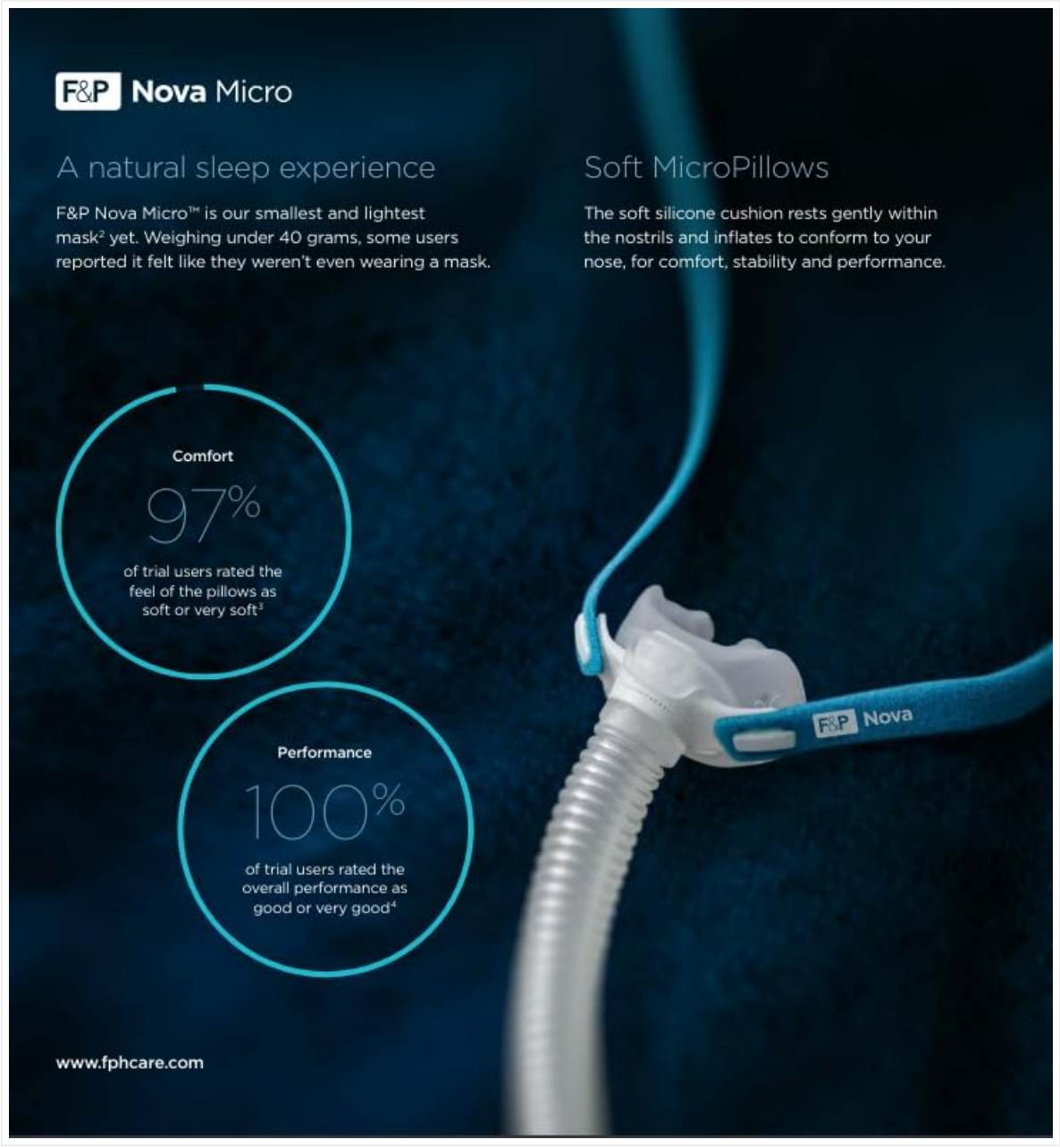

Figure 2: Infographic illustrating the mask's natural sleep experience and the soft silicone cushion design.

2. Components

The F&P Nova Micro Nasal Pillows Mask system typically includes the following components:

- Mask Frame
- Nasal Pillows Cushion (available in Small, Medium, Large)
- Headgear
- Short Tube with Swivel Connector

Figure 3: Close-up view of the mask frame and short tube connection.

3. Setup Instructions

Follow these steps to assemble and fit your F&P Nova Micro Nasal Pillows Mask:

1. **Attach Cushion to Frame:** Gently push the nasal pillows cushion onto the mask frame until it is securely seated. Ensure the cushion is oriented correctly with the nasal openings facing upwards.
2. **Connect Headgear:** Thread the headgear straps through the designated slots on the mask frame. The headgear should be securely fastened to the frame.
3. **Connect Short Tube:** Attach the short tube with the swivel connector to the mask frame's outlet. Ensure a snug fit to prevent leaks.
4. **Connect to CPAP Tubing:** Connect the free end of the short tube to your CPAP machine's main air tubing.
5. **Initial Fitting:** Place the nasal pillows into your nostrils. Position the headgear over your head. Adjust the side straps evenly until the mask feels secure and comfortable, without excessive pressure. The top strap should rest comfortably over the crown of your head.
6. **Check for Leaks:** Turn on your CPAP machine to your prescribed pressure. Lie down and adjust the headgear straps as needed to minimize air leaks around the nasal pillows. The mask should feel stable and comfortable.

Figure 4: The F&P Nova Micro mask fitted on a user, illustrating the headgear and adjustment points.

Figure 5: Infographic highlighting the soft micropillows and the dual-sided headgear adjustments for a personalized fit.

Video: Nasal Pillow Mask Installation Guide

Your browser does not support the video tag.

This video demonstrates the general installation process for a nasal pillow mask, including attaching the cushion and headgear to the frame.

4. Operating Instructions

Once the mask is properly assembled and fitted, it is ready for use with your CPAP machine. Ensure your CPAP machine is set to your prescribed pressure settings before beginning therapy.

- **Wearing the Mask:** Place the nasal pillows gently into your nostrils. The headgear should be snug but not overly tight, allowing for comfortable movement during sleep.
- **Breathing:** Breathe normally through your nose. The mask is designed for patients who predominantly breathe nasally.
- **Adjustments During Use:** If you experience minor leaks or discomfort during the night, make small adjustments to the headgear straps. Avoid overtightening, as this can cause pressure marks and increase leaks.
- **Removing the Mask:** To remove the mask, unclip or loosen the headgear straps and gently pull the mask away

from your face.

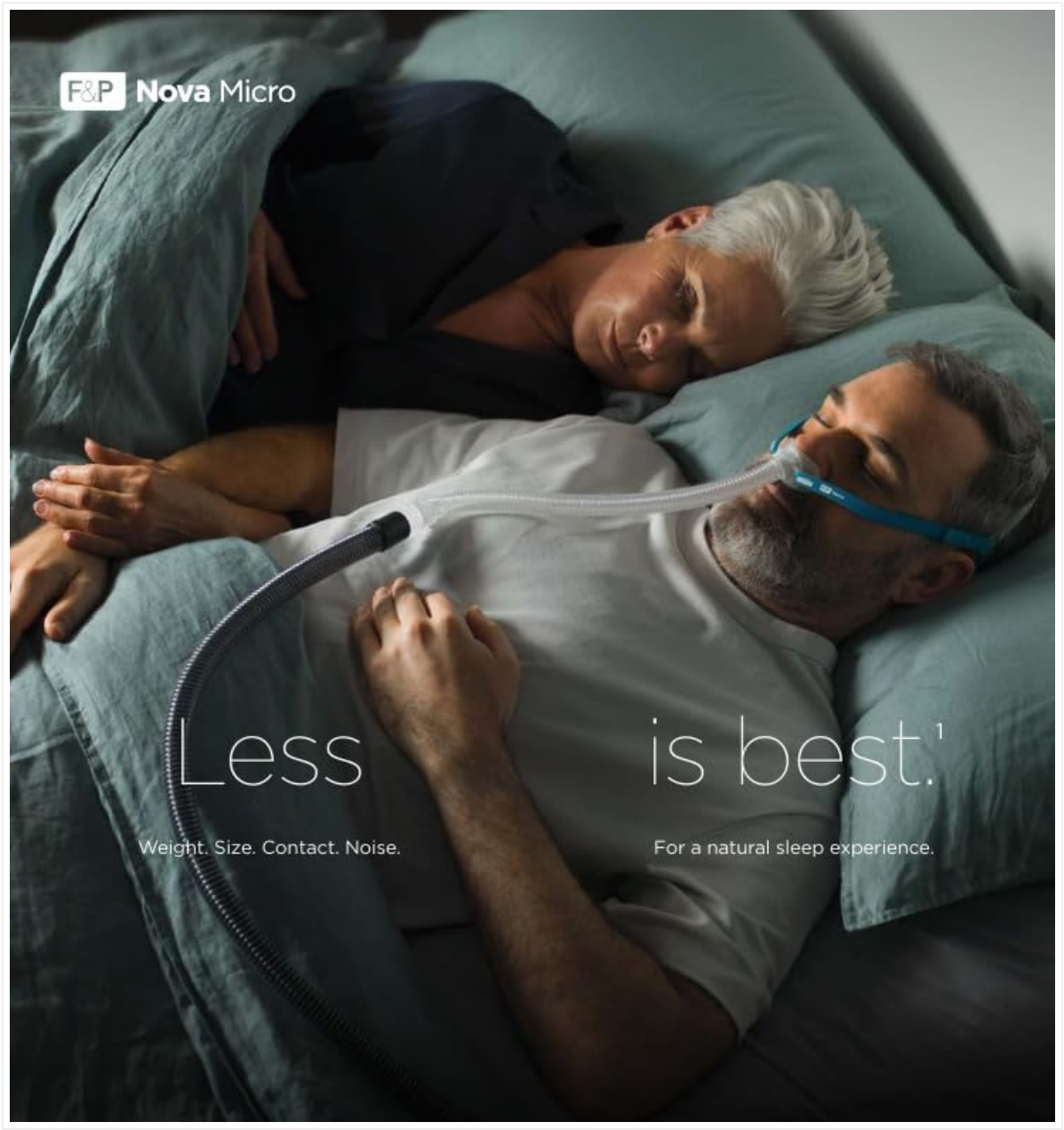

Figure 6: A user demonstrating comfortable sleep with the F&P Nova Micro Nasal Pillows Mask.

Video: General Nasal Pillow Mask Overview

Your browser does not support the video tag.

This video provides a general overview of a nasal pillow mask, demonstrating its components and how it is worn.

5. Maintenance and Cleaning

Regular cleaning of your F&P Nova Micro mask is essential for hygiene and optimal performance. Follow these guidelines:

- **Daily Cleaning (Cushion and Short Tube):** Disassemble the mask. Hand wash the nasal pillows cushion and short tube daily using mild soap and warm water. Rinse thoroughly with clean water and allow to air dry completely out of direct sunlight.
- **Weekly Cleaning (Headgear and Frame):** Hand wash the headgear and mask frame weekly with mild soap and warm water. Rinse thoroughly and allow to air dry.
- **Do Not Use:** Avoid using harsh cleaning agents, bleach, alcohol, or scented soaps, as these can damage the

materials or leave residues that may irritate your skin.

- **Inspection:** Regularly inspect all mask components for wear and tear, such as cracks, tears, or discoloration. Replace components as needed to maintain an effective seal and comfortable therapy.

Figure 7: Close-up view of the soft MicroPillows cushion, which requires daily hand washing.

6. Troubleshooting

If you encounter issues with your F&P Nova Micro mask, consider the following common solutions:

- **Air Leaks:**
  - **Cause:** Mask is too loose or too tight, or cushion is not seated correctly.
  - **Solution:** Adjust headgear straps evenly. Ensure nasal pillows are properly inserted into nostrils and the cushion is securely attached to the frame. Check for any damage to the cushion or frame.
- **Discomfort/Pressure Marks:**
  - **Cause:** Headgear is too tight.
  - **Solution:** Loosen headgear straps slightly. The mask should be snug enough to prevent leaks but not cause discomfort. Ensure the correct cushion size is being used.
- **Dryness/Irritation:**
  - **Cause:** Lack of humidification or improper mask fit.
  - **Solution:** Consult your healthcare provider about using a humidifier with your CPAP machine. Re-evaluate mask fit to ensure minimal leaks.
- **Noise:**
  - **Cause:** Air leaks or improper assembly.
  - **Solution:** Check for air leaks and adjust the mask. Ensure all components are correctly assembled and securely connected.

If problems persist, contact your healthcare provider or equipment supplier for assistance.

7. Specifications

Model Name	Nova Micro
Brand	Fisher & Paykel
Material	Silicone
Colour	White and Blue
Product Weight	Approximately 160 g (Parcel Weight)
Product Care Instructions	Hand Wash Only
Age Range (Description)	All
Manufacturer	F&P

8. Safety Information

- **Cleaning:** Hand wash only. Refer to the Maintenance section for detailed cleaning instructions.
- **Medical Advice:** Consult a healthcare provider before use to ensure this mask is appropriate for your specific medical condition and therapy requirements.
- **Product Information:** Actual product packaging and materials may contain more and different information than what is presented here. Always read labels, warnings, and directions provided with the product before using or consuming it.
- **Usage:** Use this product only as directed by your healthcare professional.

9. Warranty & Support

For information regarding product warranty, returns, or technical support, please refer to the documentation included with your product or contact Fisher & Paykel directly. You may also reach out to your authorized dealer or healthcare provider for assistance.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0D84RDVV9

More documents and user manuals: **https://manuals.plus/**