

What could be causing my PAP mask discomfort?

Irritation/pressure sores

Common causes for irritation and pressure sores from wearing the PAP mask are:

- Wearing mask too tight.
- Mask/nasal pillows placement.
- Cushions are dirty.
- Mask/cushions are old and need to be replaced.

My mask was leaking, I tightened it, but now I have sores?

You noticed your mask is leaking, tried tightening up your mask, but now you have a pressure sore. The next step is to check your mask cushions for:

- Correct fit/placement.
- Cleanliness.
- Any breakdown of the material.

Is my mask in the right position?

For Full Face masks look for the following symptoms:

- The bridge of your nose is hurting.
 - Make sure the top of your mask is resting on your forehead, midway between your hairline and your eyebrows.
- Pain on your teeth.
 - The bottom edge of the mask needs to rest on the bony ridge of the chin and never the gum line.

Cushions placement- need to rest outside the nose and not touch the nostrils.

Are my nasal pillows inserted properly?

Check to see that the pillows are inserted correctly by rotating the barrel that holds the nasal pillows to a more comfortable angled position on the nose, or pillows inside the nostrils.

Are my cushions/pillows clean?

Dirty cushions/pillows cause the mask not to seal properly onto the face and can cause leaking. Everyone has natural oils on their face, and wearing lotion or make-up can cause additional build-up on the cushions. For good face contact and seal, it is important to **wash your cushions** with a mild soap and warm water every day.

- Mask wipes are available for purchase, for those that want a quick and easy way to clean your cushions.

Is it time for a new mask or cushion?

If the cushions are clean and dirt is not a problem, check your mask for:

- Tears
- Excessive stretching.
- Firm or stiffening of material.

(Check your insurance for frequency of replacements and quantity limits.)

What additional products can provide me relief from irritation?

- Moleskin provides a soft barrier between the skin and the cushion without breaking the seal. Cut the moleskin to fit onto the cushion.

Moleskin is a heavy cotton fabric that has a soft pile on one side and a sticky side on the other.

Never place the moleskin's sticky side **directly onto the face**. Moleskin can be found at your local pharmacy.

- Gecko Gel pads® provide a soft gel barrier between the skin and the cushion without breaking the seal. The gel pad can be directly placed onto the bridge of the nose, where the irritation is located. This item is not covered by insurance and is a private pay item.
- RemZzz® provides a thin, cotton-like barrier between the skin and the cushion to add additional comfort. Other stated product benefits are to
 - Reduce or eliminate air leaks.
 - Prevent skin irritations and pressure marks.
 - Help to absorb facial moisture and oils.
 - Assist in holding the masking in place.This item is not covered by insurance and is a private pay item.
- Ayr® saline nasal gel is a product that can be applied to the nostrils to help soothe irritated and dry noses resulting from pressure and nasal pillows. Ayr® can be found at your local pharmacy.

What if none of these options seem to have helped, what should I do?

After you have tried some of these comfort options and re-positioned your pillows/cushions, if irritation continues, it may be time to request another fitting. In order for you to get the benefits from your therapy, you need to wear your device regularly and troubleshoot the fit and comfort, as necessary.

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