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ResMed AirFit F20 Cushion User Manual

INTRODUCTION

This manual provides essential information for the proper use and maintenance of your ResMed AirFit F20 Full-Face CPAP Mask Cushion. The AirFit F20 cushion is a replacement accessory designed for the ResMed AirFit F20 full-face CPAP mask, engineered to provide a secure and comfortable fit for various facial profiles.

It features InfinitySeal technology, which helps maintain a reliable seal during sleep apnea therapy sessions. Made from durable silicone, this cushion is designed for extended use, though regular replacement is recommended for optimal performance and hygiene.

PRODUCT OVERVIEW

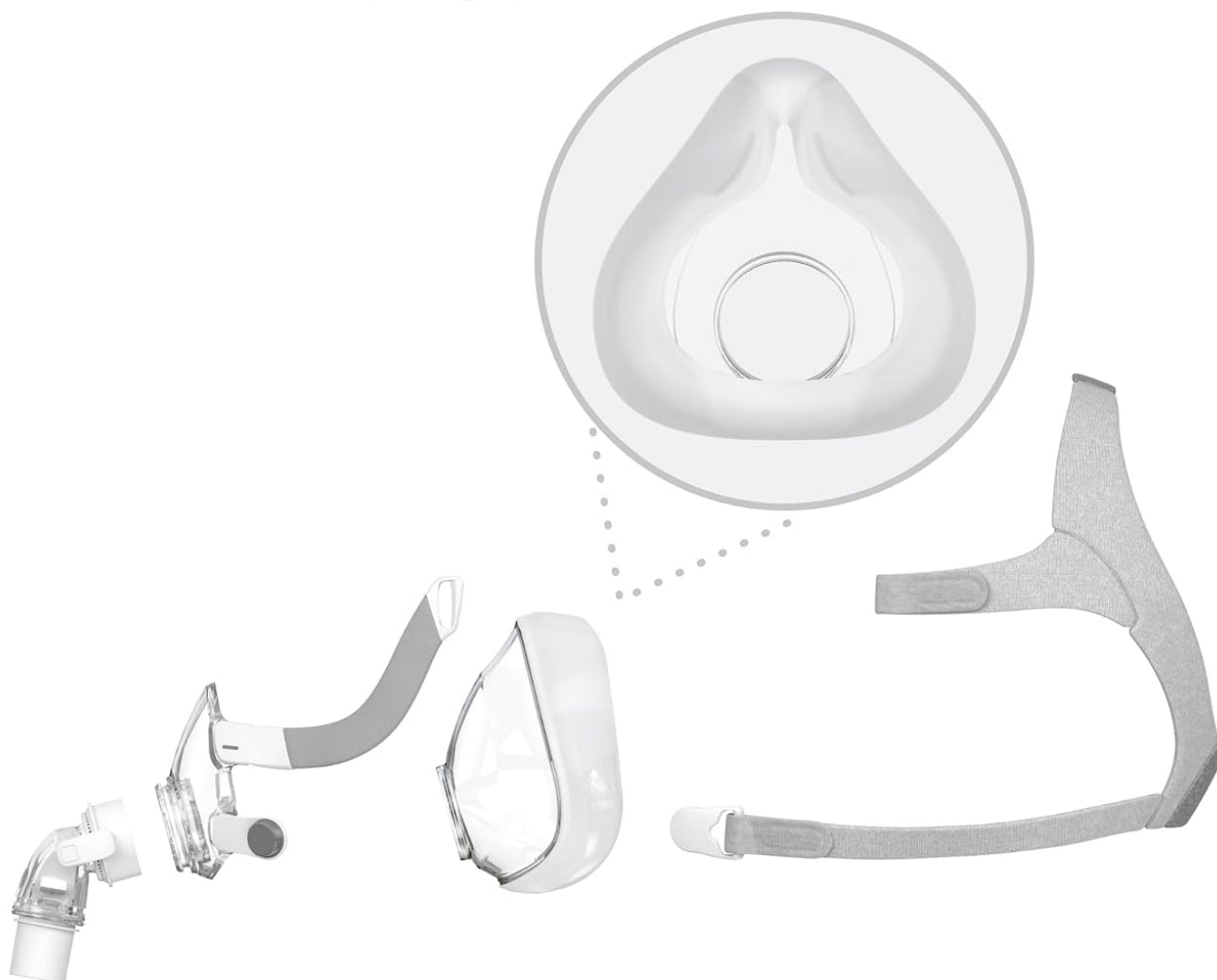


Image: The ResMed AirFit F20 Full-Face CPAP Mask Cushion, shown from the front, highlighting its clear silicone material and central opening.

The AirFit F20 cushion is a key component of the AirFit F20 full-face CPAP mask system. It is designed to provide a comfortable and effective seal, adapting to various facial contours. The cushion is made of high-quality silicone for durability and flexibility.

AirFit™ F20 silicone cushion

Our most **adaptive** full-face cushion ever



***SOURCE: ¹ResMed AirFit F20 internal Australian fitting study of existing CPAP patients conducted between March–April 2016. ²ResMed AirFit F20 internal USA fitting study of existing CPAP patients conducted April 2016. ³ResMed AirFit F20 internal EU and APAC fitting study of existing CPAP patients conducted June 2016.

Image: An exploded diagram illustrating the various components of the ResMed AirFit F20 mask, including the cushion, frame, and headgear, demonstrating how they fit together.

The cushion integrates with the mask frame and headgear to form a complete seal around the nose and mouth, delivering pressurized air for sleep apnea therapy.

SETUP AND FITTING

Proper fitting of the AirFit F20 cushion is crucial for effective therapy and comfort. Ensure the cushion is correctly attached to the mask frame before fitting the mask to your face.

1. **Attach the Cushion:** Align the cushion with the mask frame and press firmly until it clicks securely into place. Ensure there are no gaps.

2. **Position the Mask:** Hold the mask against your face, ensuring the cushion covers your nose and mouth comfortably.
3. **Adjust Headgear:** Pull the headgear over your head. Adjust the upper and lower straps evenly until the mask feels secure but not overly tight. The InfinitySeal design is intended to provide a reliable seal without excessive strap tension.
4. **Check for Leaks:** Turn on your CPAP device. While lying down, adjust the mask slightly to minimize any air leaks. If leaks persist, re-adjust the headgear straps or reposition the mask.

InfinitySeal™ cushion



Designed to stay sealed
—no matter the airflow
pressure setting.



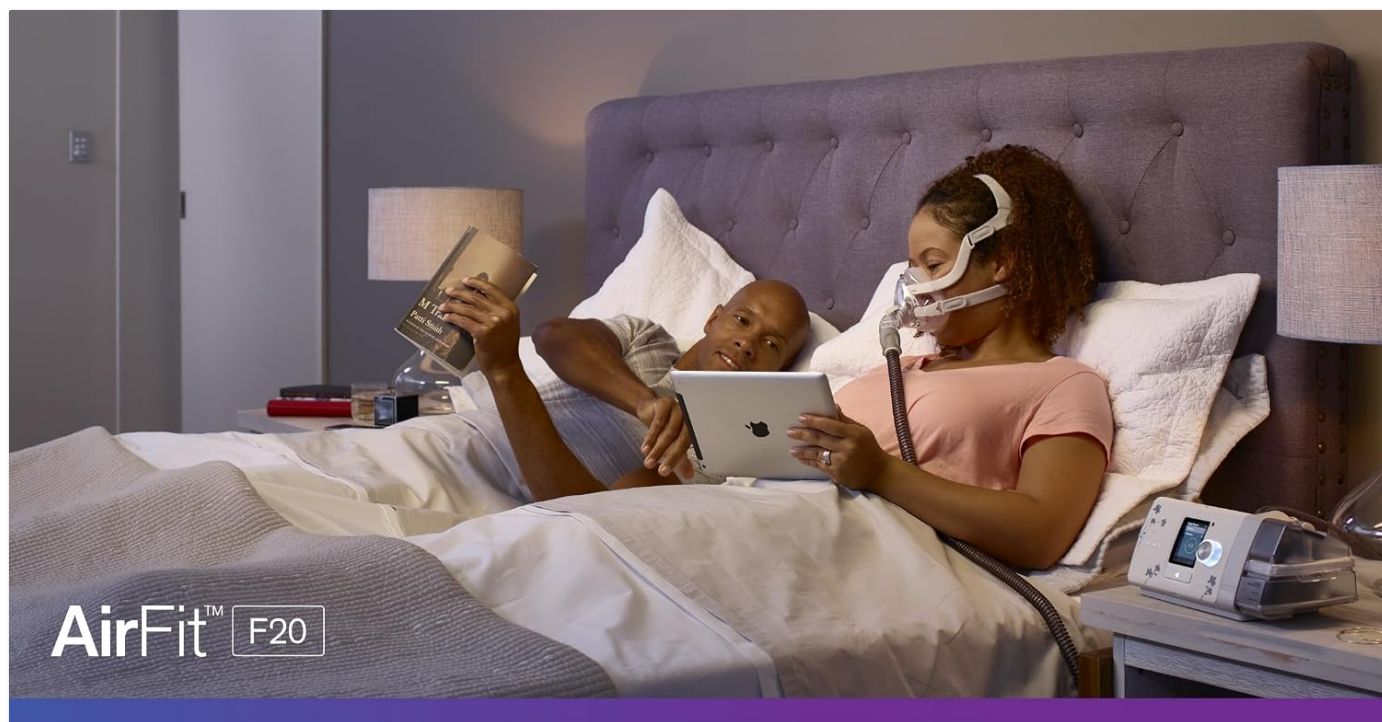
Image: A person wearing the ResMed AirFit F20 mask, demonstrating how the InfinitySeal cushion conforms to the face for a secure fit during use.

The InfinitySeal technology is designed to adapt to your facial contours, providing a stable seal regardless of airflow pressure settings. This helps prevent air leaks and ensures consistent therapy.

OPERATING

Once the mask and cushion are properly fitted, connect the mask to your CPAP machine's tubing. Turn on your CPAP

device as per its manufacturer's instructions. The AirFit F20 cushion is designed to work seamlessly with compatible CPAP machines, providing a comfortable and effective interface for your therapy. During operation, ensure the mask remains sealed to your face. If you experience discomfort or significant air leaks, refer to the "Troubleshooting" section or re-adjust the mask as described in the "Setup and Fitting" section.



AirFit™ F20 comfortably
fits a remarkable

97%

of people who try it^{***}

QuietAir™ vent
reduces sound to only

21 decibels

– quieter than a soft whisper^{*}

***SOURCE: ¹ResMed AirFit F20 internal Australian fitting study of existing CPAP patients conducted between March–April 2016. ²ResMed AirFit F20 internal USA fitting study of existing CPAP patients conducted April 2016. ³ResMed AirFit F20 internal EU and APAC fitting study of existing CPAP patients conducted June 2016. ⁴ResMed internal verification testing conducted from July–August of 2017.



Image: A couple in a bedroom setting, with one person comfortably using the ResMed AirFit F20 mask connected to a CPAP machine, illustrating typical usage.

The AirFit F20 system is designed for quiet operation, with a vent system that reduces sound levels to approximately 21 decibels, comparable to a soft whisper, enhancing comfort for both the user and their partner.

MAINTENANCE AND CLEANING

Regular cleaning and timely replacement of your AirFit F20 cushion are essential for hygiene, optimal performance, and the longevity of your mask system.

Daily Cleaning

- Disassemble the cushion from the mask frame.

- Wash the cushion in warm water using a mild liquid detergent.
- Gently brush around the elbow and vent holes to remove any residue.
- Rinse all components thoroughly under running water.
- Allow the cushion to air dry completely out of direct sunlight before reassembling.

Caring for your AirFit™ F20 cushion

- ✓ Replace monthly or at signs of deterioration
- ✓ Disassemble before cleaning
- ✓ Soak components in warm water with mild liquid detergent for ~10 minutes
- ✓ Brush elbow and around vent holes
- ✓ Rinse components under running water and air dry out of direct sunlight

Image: A visual guide detailing the steps for caring for your AirFit F20 cushion, including disassembly, soaking, brushing, rinsing, and air drying.

Replacement Schedule

It is recommended to replace your AirFit F20 cushion monthly, or biweekly as per some guidelines, to ensure optimal seal and hygiene. Signs that indicate it's time for a replacement include:

- You frequently need to tighten the headgear straps to maintain a seal.
- The cushion has lost its original elasticity or "spring."
- Your sleep therapy feels less effective than usual, possibly due to leaks.
- The cushion remains slippery even after thorough cleaning.
- Visible signs of deterioration, such as tears, cracks, or discoloration.

Replacement tip

We recommend you replace your mask cushion **monthly**



Signs it is time to replace your cushion:

- You have to tighten the straps often
- The mask has lost its spring
- Your sleep therapy feels less effective than usual
- The cushion is still slippery, even after being cleaned

Image: A graphic illustrating the AirFit F20 cushion and providing tips on when to replace it, such as when straps need frequent tightening or the cushion loses its elasticity.

TROUBLESHOOTING

If you encounter issues with your AirFit F20 cushion, consider the following common problems and solutions:

Problem	Possible Cause	Solution
Air leaks around the cushion	Improper fit, worn-out cushion, incorrect size, or cushion not fully attached.	Re-adjust headgear straps, ensure cushion is securely attached to frame, check for signs of wear and replace if necessary, confirm correct cushion size for your face.
Discomfort or pressure marks	Mask too tight, incorrect size, or cushion not properly positioned.	Loosen headgear straps slightly, reposition the mask, ensure cushion is centered on your face, consider a different cushion size if discomfort persists.

Problem	Possible Cause	Solution
Cushion feels sticky or oily	Accumulation of facial oils or insufficient cleaning.	Clean the cushion thoroughly with mild soap and warm water. Ensure it is completely dry before use. Regular daily cleaning is recommended.
Reduced therapy effectiveness	Significant air leaks, or worn-out cushion.	Check for leaks and re-fit the mask. If the cushion shows signs of wear (loss of elasticity, tears), replace it.

SPECIFICATIONS

- **Product Type:** Full-Face CPAP Mask Cushion Replacement
- **Brand:** ResMed
- **Model:** AirFit F20 Cushion
- **Material:** Silicone
- **Dimensions:** Approximately 7.87 x 7.87 x 7.87 inches (Product dimensions as listed)
- **Item Weight:** Approximately 1.44 ounces
- **Compatibility:** Exclusively designed for ResMed AirFit F20 full-face CPAP masks.
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WARRANTY AND SUPPORT

For specific warranty information regarding your ResMed AirFit F20 cushion, please refer to the documentation provided with your original ResMed AirFit F20 mask system or contact ResMed customer support directly. Warranty terms typically cover manufacturing defects.

For further assistance, technical support, or to purchase genuine replacement parts, please visit the official ResMed website or contact your authorized ResMed dealer. Always use genuine ResMed replacement parts to ensure compatibility and optimal performance.

