

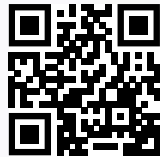


F&P **Evora Nasal**

myStart Pack

F&P myMask App

For the full setup experience on fitting, fine-tuning and cleaning your mask, download the F&P myMask App* or scan the QR code below.



* Not available in all countries



For complete user instructions, including intended use, warnings and precautions, please refer to the **F&P Evora™ Nasal Use and Care Guide**.



If you require further assistance, please contact your healthcare provider.

www.fphcare.com/myEvoraNasal

1

Fitting your mask

Before connecting your positive airway pressure (PAP) device, carefully follow the steps below.



Connect the gray top strap button to the middle position.



Tighten or loosen the seal against your face by adjusting the back strap.



Pull the back strap over your head and position the seal gently under your nose.

Fitting tip

Try not to over-tighten your mask – it should be worn as loose as possible without excessive leaking.

Connect your mask to the PAP device and turn the air on. This may feel strange at first and you may notice some air leaks. **Try to breathe naturally.**



2

Fine-tuning your mask fit

If your mask does not fit perfectly the first time, here are some helpful tips for a better fit.



1

If the headgear touches the top of your ears, shorten the top strap.



2

Place your hand in front of the mask. The air you feel here is **expected leak**. It helps flush out the air that you are breathing out.



3

If you are experiencing **unexpected leaks**, reposition the mask by pulling the seal away from your face, and then let it rest gently back beneath your nose.



The mask should seal well and feel comfortable.



If you are experiencing persistent leaks or discomfort with your mask, see **section 3** to help guide you through changing your seal size.

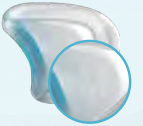
3

Choosing the correct seal size

Only change your seal size if you experience discomfort or persistent leaks with your mask.



The Medium seal attached to the mask works for most people. If this does not suit you, follow the steps below to help guide you through changing your seal size.



If the seal feels loose or is leaking, try the Small seal.



If you experience discomfort or tightness on the sides of your nose, try the Large seal.



Removing your seal

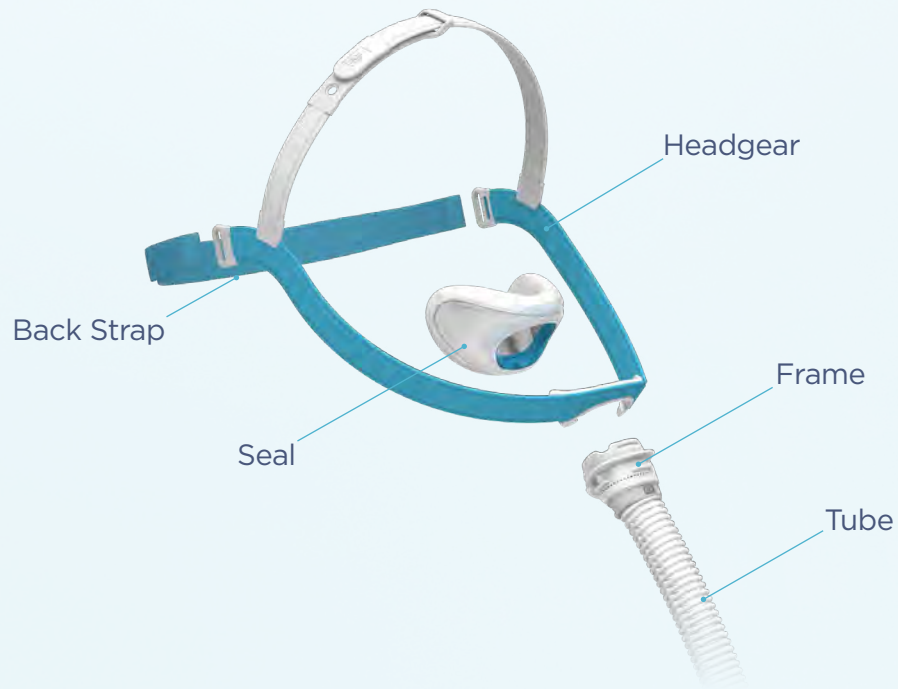
Grip the bottom of the seal and rotate upwards to remove from the frame.



4

Mask parts

Your mask can be disassembled for both cleaning and part replacement.



Mask disassembly tips

1. The short tube and frame are permanently attached and do not need to be disassembled.
2. The back strap does not need to be removed for cleaning.



Lost your swivel?

Check the swivel is not stuck in the end of the PAP breathing tube.



5

Cleaning and replacement

It's important to clean your mask regularly to reduce the build-up of bacteria and allergens.

24 Wash Daily

7 Wash Weekly



Seal, swivel, frame and tube

Headgear

1. Hand-wash all parts in warm soapy water and do not soak for more than 10 minutes.
2. Rinse each part with fresh water to remove soap residue.
3. Inspect all parts to ensure they are visually clean.
4. Leave all parts to dry out of direct sunlight.

Cleaning tips

- Your headgear and mask parts can take time to dry after washing. Try to establish a daily cleaning routine to clean them earlier in the day so they are dry before going to bed.
- Do not clean your mask in the dishwasher as this may damage it.

Mask part replacement

Regularly inspect your mask for signs of wear and tear – you may need to replace parts of your mask from time to time. To confirm your eligibility for replacement mask parts, contact your healthcare provider.

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