

How to fit the myTAP PAP

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Step 1 — Fitting the Mouthpiece - part 1



i Please read all instructions before starting!

- Loosen the nut, remove the mouthpiece, then set the nut and bolt aside.
- Place the mouthpiece over your upper teeth, bite gently to check that your teeth fit within the flat surface of the tray. If not, you will need to narrow or widen later in the fitting process.
- Pour boiled water into a bowl. Submerge the mouthpiece for 1 minute. Remove the mouthpiece with a pair of tongs and shake off excess water. Then let the mouthpiece sit for 20 seconds.
- If you determined in step 2 that the tray needed to be widened or narrowed please do so now and recheck the sizing before going to the next step.

Step 2 — Fitting the mouthpiece - part 2



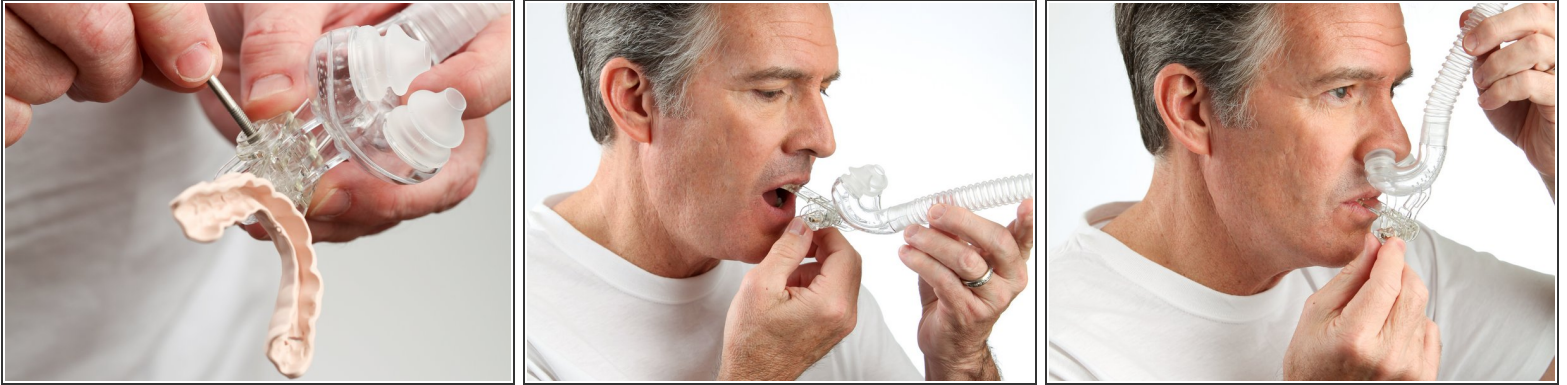
- Place the mouthpiece over your upper teeth. Be sure that the clear post is directly aligned under your nose. You can do this by looking in a mirror or cupping your hands over your nose and mouthpiece.
- For 2 minutes, suck on the mouthpiece while pushing with your tongue up against the back of your teeth to seat the mouthpiece.
- For an additional 2 minutes, open your mouth and breathe normally with the mouthpiece in place. This allows the mouthpiece to set and cool before removing.
- Place your fingers on the top edge of the mouthpiece on both sides of the tray along your molars. Pull downward to remove mouthpiece. You are finished fitting the mouthpiece. Lay it aside with the nut and bolt. It is now time to fit the mask.

Step 3 — Fitting the Mask - part 1



- Your mask has Medium nasal pillows pre-installed. In the package are sizes Small and Large if needed. Place the mask up to your nose and check that the pillow opening fits into your nose and the ridge fits evenly along edge of your nares.
- The pillow ridge should not fit into your nose. Notice the even distribution of the ridge making a seal on the outside around your nose.
- Squeeze the pillow with your thumb and middle finger. Then guide the pillow into the slot using your index finger. Insert one side of the pillow first then push the other side into the slot with the groove in place 360°.
- Check the pillow rim distribution underneath.
- The nasal pillow openings should be parallel to each other. Your nasal pillows should look like this.

Step 4 — Fitting the Mask - part 2



- Place the mouthpiece post into the mask frame and insert the bolt and nut. Do not fully tighten the nut. Orient the nut to the right or left side to accommodate your dexterity.
- Insert your mouthpiece onto your upper teeth and swing the mask upward to your nose.
- Using the adjusting slot in the mask frame, position the nasal pillows to your nose comfortably then tighten the nut.

i **Note:** the pillows should not be pressed too firmly to the nose.