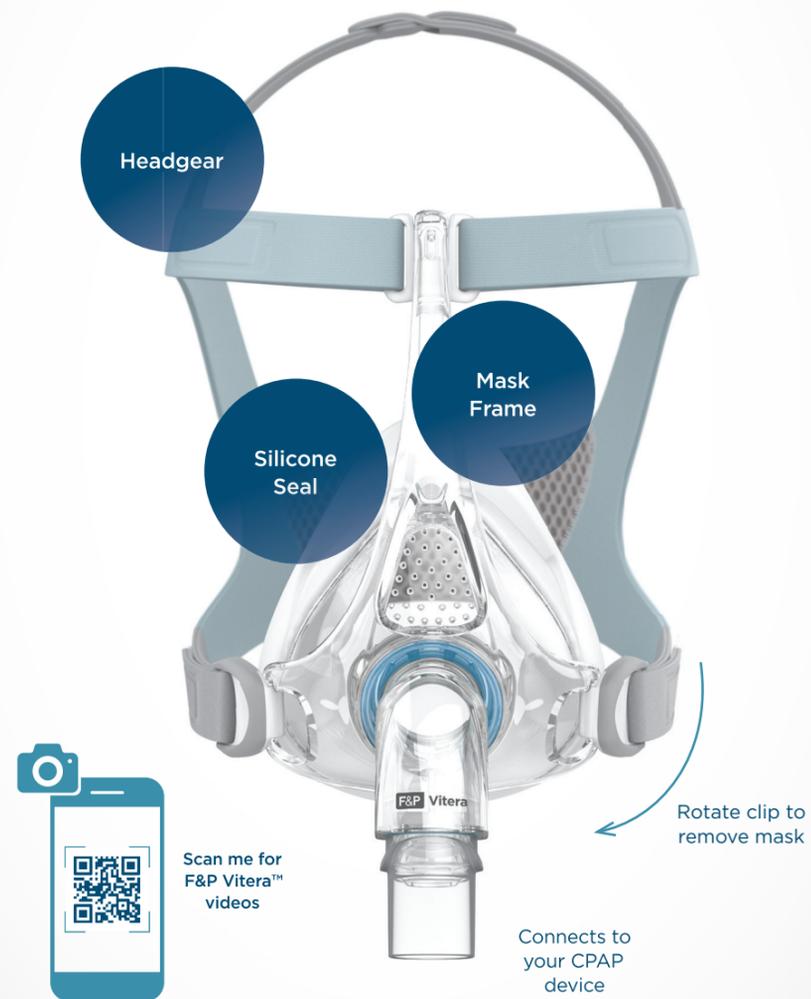


Mask Quick Reference Guide



Welcome to your F&P Vitera™ Full Face Mask, designed to give you a good night's sleep.

You'll find everything you need to know about how to fit and use your new F&P Vitera here.

1.

Check you have all the contents:



1 x Mask with Seal fitted to the frame (with VentiCool™ & VisiBlue™)



1 x Use and Care Guide



2.

Fitting the mask.

Follow the diagram above, but don't over-tighten the Headgear straps – the final adjustments should be made when you're in your sleeping position.

1. Hold the front of the mask with one hand and the Headgear with the other. Ensure that one Headgear Clip is unhooked from the Frame.
2. Place the Silicone Seal onto your face and guide the Headgear over your head.
3. Hook the unattached Headgear Clip onto the Frame.
4. Gently tighten the Headgear straps, starting with the grey bottom straps, followed by loosely fitting the blue forehead straps.

3.

Connect to your CPAP device.



Final step! Connect the CPAP breathing tube to your mask, turn the CPAP device on, and get comfortable in your sleeping position. This is when you can adjust or tighten your Headgear straps a little more, if needed, being careful not to over-tighten.

Now you're ready for a good night's sleep. Please remember that it might take some time to get used to your F&P Vitera. If you experience mask leaks, you may need to lift the Silicone Seal off your face and reposition it; or if you experience discomfort, don't be afraid to adjust your Headgear straps or try an alternative Seal size.