

!!! Warning: **HOT WATER** - Read carefully before proceeding. !!!

Preparing your Stabi-pad™ shielding pad

Your Stabi-pad™ shielding pad must be heated to a temperature of about 158°F, so as to make it malleable, before applying it on your face and have it matching its exact shape.

Follow the instructions below:

1. Pour nearly boiling water in a deep dish or any other container of sufficient size.
2. Lay down a Stabi-pad™ in the container, white side up. It will float on the water. In less than 2 minutes, it becomes malleable.
3. Remove the Stabi-pad™ from the water with a fork and place it on a dry towel. Fold the towel over the Stabi-pad™ to absorb the excess water.

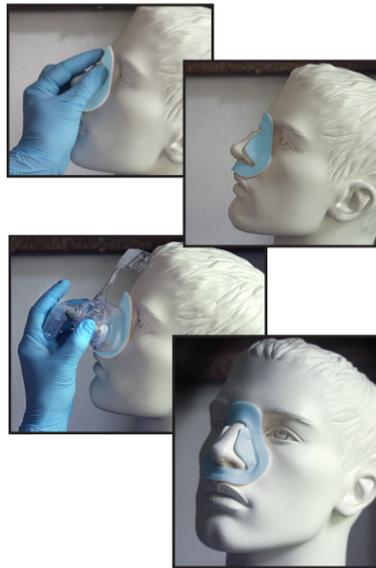


4. ***From now on, it is recommended to proceed in front of a mirror.***

Seconds after removing the excess of water, you can use the Stabi-pad™; its temperature will have dropped to about 104°F. Center it on your face, white side on your skin, the flaps placed on both sides of your nose.

5. Put your mask in place over the Stabi-pad™ and hold it at a pressure comparable to that normally exerted by the mask when it is tied up. In 2 minutes, the Stabi-pad™ will have taken the shape of both your face and mask and become semi-rigid again.

Now your Stabi-pad™ is ready for **daily use** during 2 to 3 weeks.



The whole operation can be restarted from stage 1 if this were necessary, for example if the pad slipped and was incorrectly positioned or malformed.



When putting on your mask for the night, be careful not to put more tension on the straps than is necessary to hold it in place. Your Stabi-pads™ make it possible to tighten the straps less strongly.

Maintenance and cleaning: good habits

Your Stabi-pads™ shield pads can be cleaned easily.

Get in the habit of wiping down your Stabi-pad™ (especially areas that come in contact with your skin) using a damp towel with mild detergent and warm water. This will remove any oils, dead skin cells and sweat on the mask that can affect the quality of the seal. Gently rinse with a clean towel and let it air-dry.

You can also use pre-moistened towels designed specifically for cleaning CPAP masks, which are available at many sleep centers. It takes off any leftover dirt or grease that built up the night before (like from makeup or sweat that was on your face) and can keep it clean between more involved washings you might wish to do.

We advise you to wash your face before going to sleep, preferably with a neutral pH soap, to remove excess sebum. You can use lotions and facial creams where your Stabi-pad™ comes in contact with your face: these products will not affect the tightness or the materials of which your Stabi-pads™ pad are made.

Manufactured by:

T-Tape Company BV
Bosweg 10-12
4645 RB Putte
The Netherlands
Tel: +31 164 60 29 52
turbocast@planet.nl
www.turbocast.eu



www.CPAPhelper.ORG
Tel.: +32 475 424521
stabi-padinfo@telenet.be



Your mask always fits and never slips. What are Stabi-pads™ and how to use them?



A Stabi-pad™ acts as an **shield pad** between your nasal CPAP cap mask and your face, which ensures that the nasal mask behaves as a custom made mask that exactly matches your face's shape. Furthermore, being semi-rigid and a little wider than your mask, the Stabi-pad™ distributes the burden exerted by the mask on a much larger surface, thereby decreasing the pressure on your skin very significantly.

Once your Stabi-pad™ shield pad is duly prepared, you can use it on a daily basis for 2 to 3 weeks.

CPAP nasal cap mask problems that can be resolved by using a Stabi-pad™ are :

- o Air leaks, irritating the eyes
- o Pressure marks, skin irritation, pressure sores
- o Nose bridge discomfort
- o Mask not fitting right
- o Mask moving during the night