

Mask Cleaning

It is recommended that each user have his or her personal mask. Cleaning the mask after each use is strongly recommended.

Mask Washing Instructions;

1. Shortly after each use, wash contaminated masks in warm water and a non-fragrant liquid dish soap solution.
2. Move the mask up and down in the soapy solution to assure the septa valves are being washed as well.
3. Lightly scrub all surfaces and then rinse well with warm tap water
4. Make a simple decontamination solution of 1 part white distilled vinegar and 2 parts water (a commercial mask cleaning solution can also be used).
5. Move the mask up and down in the cleaning solution to assure septa valves are being decontaminated as well.
6. Soak the mask in the water and vinegar solution for 30 minutes.

7. Rinse well with tap water and set out to dry in room air on a clean paper towel.

It is also recommended that the breather hose is washed and cleaned when contamination is suspect or at user specified intervals (e. g., monthly).

Breather Hose Washing Instructions;

1. Rinse well with tap water.
2. Make a simple decontamination solution of 1 part white distilled vinegar and 2 parts water.
3. Move the hose up and down in the vinegar solution to assure the entire length is being decontaminated.
4. Soak hose (submerged) in the water and vinegar solution for 30 minutes.
5. Rinse well with tap water and hang to dry in a warm dry area.

MASK KIT



HIGH-VOLUME MASK KIT

For use with LiveO2 systems a light weight high volume non-re-breather mask is worn by the participant. The mask has two septa valves that direct the air flow. Inhalation coming directly from the reservoir and exhalation is returned directly to the room. It is recommended that each user have their own mask or at minimum their own personal inner mask body. Masks are reusable, washable, and durable provided they are well cared for. Other than electricity the mask is the only consumable item that will need regular replacement overtime. It is recommended that the inner mask body be replaced after 100 sessions or every 3-6 months.

The mask kit comes standard with a neoprene strap. Additionally, a silicone strap is available as an option for use with various applications. Each kit also contains an inflation syringe and a mesh bag. When in use, the mask is connected to the reservoir by an 8ft flexible breathing hose.



Inflating Mask Pillow

In the Mask Kit there is a syringe plunger that is used to inflate or deflate the air pillow of the mask to provide the best fit. About 2/3 full is a good place to start fitting. The best fit will create a comfortable seal all the way around the mask that only allows air to flow in and out from valve ports in the front of the mask.



To check for a good mask fit:

1. Place mask inner body on your face (without a strap).
2. Breathe in and out gently.
3. While gently breathing in, place your hand over the top port (inflow) of the mask.
4. Your inhalation should stop quickly and the mask should create an immediate suction, pulling the mask onto the face.
5. If you have a gap, the suction will not be immediate or strong, indicating additional mask pillow adjustment is needed.

MASK STRAPS

Neoprene or Silicone



Using either strap (silicone or neoprene) find the comfortable fit that holds the mask snugly in place without being loose. It should be just tight enough to keep the mask on your face while exercising, but not so tight that the mask puts pressure on your sinuses or nose. For video instructions on "How to put on your mask" at support.liveo2.com.

Prior to each use of your mask check the teal septum (fixed flexible valves) in each port. These septa valves provide the correct flow pattern for the mask. To function properly, they should be lying flat in the mask port. Occasionally during washing they can become misaligned, catching in a folded pattern under the septum support pin. In this case the septum can be

easily adjusted with the syringe tip until they lay flat and are free to flex in the proper direction. **Do not remove the septa from the mask.**

DECONTAMINATION

Wash your mask after every use.

Strap washing instructions

Neoprene

Prior to use it is recommended that the neoprene strap is washed by machine or by hand in warm soapy water to soften the material. If washing/drying in a machine connect the velcro straps together to prevent the velcro from catching on other items. Neoprene straps can be machine dried on a medium heat cycle.

Silicone

Silicone straps are best for applications where ozone saunas are being used or where quick cleaning is required. The silicone strap can be washed by hand in warm soapy water and decontaminated easily with the distilled vinegar solution.