

## Mask Quick Reference Guide

Headgear

Mask  
Frame

Silicone  
Seal

Rotate clip to  
remove mask



Scan me for  
F&P Vitera™  
videos

Connects to  
your CPAP  
device

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:

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



1 x Use and Care Guide



A mirror can be helpful

# 2.

## Fitting the mask.

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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.

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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.

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**For complete user instructions, including intended use, warnings and precautions, please refer to the Use and Care Guide REF 185048495**

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