NASAL CARE INSTRUCTIONS FOR A CPAP USER
Sleep Apnoea Clinic, Jorvi Hospital

The nose is the uppermost part of the respiratory system and it is responsible for warming, moisturizing and cleaning the inhaled air. CPAP treatment may cause irritation in the nose when the airflow increases and pressure changes. The air might feel cold and your nose might feel dry, runny, or stuffy.

1. For a dry or crusty nose
   - use saline or salt solution (from pharmacies). Rinsing your nose every night also helps the nose from crusting.
   - Right from the beginning of your CPAP treatment, apply olive oil drops with vitamin A, sesame oil spray (from pharmacies), or olive oil in your nose for the night.

2. For stuffy nose, chronic cold
   - you can use over-the-counter decongesting nasal sprays. Follow the instructions on the package carefully.

3. Flu symptoms
   - Decongesting medication is meant for short term use, 2–3 times per day.

Long term use may cause progressed stuffiness, drying etc. They are well tolerated when used infrequently. You can use them regularly to decongest your nose before the CPAP treatment if you do not get any irritation symptoms such as stinging, pricking or drying.

The mask can cause irritation on the skin and nostrils. You can use basic lotions, or for example ointment with dexpantenol (Bebanthen) to treat the irritation. Wash the mask daily with for example Lactacyd, Avecyd, LV, etc.

If the symptoms continue and cause discomfort, for example chronic runny nose, chronic stuffy nose, or you have a need for long term treatment, please contact a nurse at the clinic responsible for your sleep apnoea care.

Use your CPAP device regularly and follow the manufacturer’s instructions on changing the filters, and washing the air hose and the mask.