



**PHILIPS**  
RESPIRONICS

***Pico***

Fitting guide

Practical  
**innovation**

# Congratulations

You are about to experience the smallest and lightest traditional nasal mask on the market, Pico:

**Pico is a comfortable mask designed to be easy to use.**

- Designed to deliver a high level of therapy performance\*
- The cushion is comfortable on your face while maintaining an excellent seal\*
- Clinicians rated Pico easier to use\* than the leading traditional nasal mask\*



**Multiple cushion sizes included with the mask to achieve your best fit.**

Pico is designed to comfortably fit more than 98% of users.\*

\*Data on file. Internal Marketing Survey 2013.



# Pico features just for you:

- Soft and comfortable for a better quality of sleep than the leading traditional nasal mask
- Easy to adjust for an excellent seal and personalized fit
- Easier to assemble and disassemble than the leading traditional nasal mask



# Helpful tips

Here are some helpful tips to keep in mind when using your Pico sleep apnea mask:

1

The mask elbow is equipped with a tubing quick release. Pull on the tubing quick release and it will disengage from the elbow and come loose with the tubing.

2

The most common mistake is over-tightening the headgear. The headgear should fit loose and comfortable. If your skin bulges around the mask or if red marks appear on your face, loosen the headgear.

3

Reseating the mask by pulling it directly away from your face and gently setting it back into place may help you achieve a more comfortable fit.





# Additional resources

We're dedicated to your satisfaction and aim to answer all of your questions about the Pico sleep apnea mask. For more information, including helpful videos, visit [www.philips.us/yourpico](http://www.philips.us/yourpico)



## Call us

**Call Support Center**  
**1-800-345-6443**

Philips Respironics Pico is available by prescription only. As with any mask or interface, users may experience certain types of discomfort or irritation. Talk to your doctor to determine if it is right for you. Be sure to ask your homecare provider for more information about Pico.

# Pico fitting guide

Achieving the right fit with Pico is easy; just follow the instructions or watch a video at [www.philips.us/yourpico](http://www.philips.us/yourpico)

See OIS fitting guide for complete instructions.



Before putting on the mask, make sure the cushion fits the width of your nose without blocking your nostrils. The top of the cushion may sit between the bridge and tip of your nose.



Disconnect the headgear clips by twisting them away from the frame like a key and undo the headgear tab by peeling it away from the headgear strap.



Pull the headgear on over your head and gently place the cushion over your nose.



Now, while holding the mask in place, connect the headgear clips by pressing onto the mask frame.



Adjust the side and bottom straps by pulling the tabs back evenly. The mask should rest lightly on your nose. Do not over-tighten. The headgear should fit loose and comfortable.





6

Next, connect Pico to the flexible tubing that came with your sleep therapy device. Some air leaking is normal. Adjust the side headgear straps to reduce leaks around your eyes.



7

Assume different sleeping positions. Move around until comfortable. If there are any excessive air leaks, make final adjustments while lying down.



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[www.philips.us/yourpico](http://www.philips.us/yourpico)

Caution: US federal law restricts these devices to  
sale by or on the order of a physician.

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