



The Ultimate Solutions For CPAP and Respiratory Equipment Maintenance

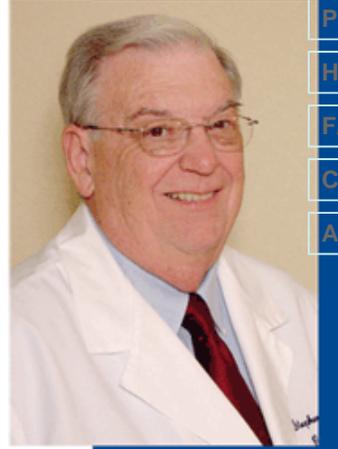
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IT'S ALL ABOUT YOUR HEALTH

## Helpful Suggestions

*"The process is simple and well worth the effort to keep the respiratory system healthy."*

*Stephen E. Acker, M.D.*



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About 10 years ago, Dr. Acker was diagnosed with Sleep Apnea. The CPAP machine, with hose, mask and humidifier was prescribed for treatment.



Daily and weekly maintenance was never carefully explained - only "use soap and water, vinegar or bleach to clean it." Therefore, Dr. Acker developed the process of cleaning and deodorizing with RespiClean and RespiSoak. Respiratory equipment may now be clean and free of odor causing bacteria. Maximum compliance can be achieved with the use of respiratory equipment.

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As a practicing physician for over 35 years, when I prescribe a treatment, I expect the patient to have strict compliance with it. Otherwise, to not strictly comply is to render the treatment virtually worthless. The health hazards for not using the CPAP, when prescribed, ALL NIGHT, EVERY NIGHT include the continuing and increased risks of developing:

- **High Blood Pressure**
- **Congestive Heart Failure**
- **Coronary Artery Disease**
- **Stroke**

**Sleep Apnea is a potentially life-threatening disorder.**



**Physician and Respiratory Therapist Recommended**

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## Frequently Asked Questions

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**Q. I note both RespiClean and RespiSoak have a common active ingredient "oxychloro complex species." Can the residue of this active ingredient harm me?**

A. The product is environmentally friendly. It only has a "Caution" on the label thus indicating the product is very safe.

**Q. Is oxychloro complex species new?**

A. This product has been around for years. It is commonly used commercially in industry. Dr. Acker found this product and worked on a safe process mainly out of the "necessity being the mother of invention" to clean and deodorize his CPAP mask and hose.



**Q. I noticed that some of the RespiSoak I purchased is colorless while other bottles are a pale yellow color with a faint chlorinous smell. Have the bottles with the faint yellow color and faint smell gone bad?**

A. Not at all. Both colorless or faint yellow with a faint smell are perfectly fine and ready for use.



**Q. The RespiClean CPAP Daily Spray does not smell like this - why?**

A. RespiClean CPAP Daily Spray is a dilution of RespiSoak 2% Concentrate - thus it does not have the smell. We add Oil of Peppermint to the RespiClean to give it and the mask a fresh and pleasant smell.

**Q. Will these products stain or discolor my mask, hose or nasal pillows?**

A. No. It does not discolor rubber and plastic products. Research has found that all of our products are totally compatible with rubber and plastic (silicone included) products. It is only metal that the product **may** oxidize and corrode over time.

**Q. Is it okay to pour my soaking solution down the drain**

**into the city sewer?**

A. Yes. Pour it down the drain with running water. It is environmentally friendly.

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**Q. Will this product bleach fabric or carpet?**

A. This product has the ability to bleach fabric and carpet. We recommend care when using it to avoid this possible problem.

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**Q. Why can't I just use RespiClean CPAP Daily Spray and skip the soaking (immersion) procedure?**

A. Dr. Acker found that while the RespiClean CPAP Daily Spray will reduce odor causing bacteria and is very effective in cleaning your mask or nasal pillows, once a week one should immerse the mask, hose, nasal pillows and plastic parts of the humidifier into a soaking solution to deep clean and deodorize the parts. It will leave them odor free and very clean with a refreshing light scent.

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**Q. I travel for business and pleasure quite a lot. Do I need to do the soaking immersion process when on the road? The tub and other apparatus is quite bulky for travel.**

A. Travel is difficult enough without bulky items. Dr. Acker feels that if you soak your CPAP equipment just before you leave and take your Travel Size RespiClean CPAP Daily Spray, you will be just fine for a week or two trip. Faithfully using the spray daily should do fine. Dr. Acker feels the hose can go much longer than the mask or nasal pillows before there is a need for soaking. Once you are home, immediately soak the equipment in the RespiSoak as directed and all should be well.

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**Q. You say to manually wash the CPAP equipment parts in the RespiSoak/warm tap water solution. Then soak all the parts for 4 hrs. minimum - more time is inconsequential? Please explain!**

A. The "manual wash" is simply to clean any mucous or protein material off the equipment first before immersion. The soaking solution is more effective if this is done first. Dr. Acker found that his process of immersion is maximally effective if done for at least 4 hrs.

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**Q. Why do I need caution putting any metal parts into the soaking solution and immersing for 4 hrs. like the rubber and plastic parts? I am specifically referring to the metal heater plate of the humidifier.**

A. Oxychloro complex species work by oxidation. Thus, exposed metal **might oxidize and corrode over time** - however the soaking solution is so very dilute it may take a very long time to happen.

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**Q. After I rinse each part in warm tap water for 2 minutes - should I lay the parts out on a freshly laundered towel and let them "air dry" before reassembly? My other option is to dry the parts immediately with a freshly laundered towel and reassemble the parts.**

A. Dr. Acker prefers to lay the parts out after proper rinsing on a lint free towel to "air dry." You can dry the parts with a lint free towel but air drying tends to not reintroduce bacteria onto the freshly cleaned parts.

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Here's to a Good Night's Sleep and better total compliance with your CPAP equipment.

- Stephen E. Acker, M.D.

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