

## THE BREATHER.



## BREATHER FIT.



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# CLEANING YOUR DEVICE

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Your device will be exposed to saliva during use. We recommend cleaning it daily, or even after every session. Do not use in the dishwasher or use boiling water, as this may damage your device and will void your warranty.

### CLEANING STEPS

1. Add a few drops of dish soap in a bowl of warm water
2. Separate body section of device from mouthpiece
3. Swirl both sections in a soapy water solution
4. Rinse well
5. Shake off, then tap the device 3-5 times against your palm to dispel extra moisture
6. Set dials to 1 and 1, and inhale and exhale sharply to release moisture seal.
7. Towel dry outer surfaces
8. Air dry, and store in non-humid location



### EASIER OPTION

Watch the cleaning video

[www.TheBreather.com/Cleaning](http://www.TheBreather.com/Cleaning)

## DEEP CLEANING

Deeper cleaning is recommended on an as needed basis if your device has been exposed to a large amount of saliva or other debris, seems blocked, or if you have a respiratory infection.

1. Place in 1 part vinegar, 3 parts warm water
2. Let soak for 5 minutes (no more than 15 minutes!)
3. Rinse and air dry as recommended above
4. Store in non humid location



## ADVANCED STERILIZATION

This cleaning method is advised for those with depressed immune systems or when their device is used in a hospital setting.

To reduce risk of infection, disinfect your breather at least once per week, in addition to daily cleaning with warm soapy water.

### TO DISENFECT:

1. Clean the device first as normal with warm soapy water.
2. Soak in 3% hydrogen peroxide for 20 minutes.
3. Rinse well with distilled, autoclaved, or filtered water.
4. Tap dry and air dry in a clean environment.

