

**Policy: Nasal Continuous Positive Airway Pressure (CPAP)
Protecting Skin and Nasal Septum**

1) Purpose:

To provide instructions on how to protect skin and avoid nasal septum erosion.

2) Prevention of Nasal Septal damage

Nasal septum tissue will break down if it is under continuous pressure, friction or excess moisture even if for a short period of time.

- 1- Use the correct size prongs, cannulaide and hat.
- 2- Frequently examine the septum and prongs position.
- 3- Don't allow the Velcro moustache to rest or touch the nasal septum.
- 4- Don't allow the bridge of the prongs to press up against the septum.
- 5- Don't use a piece of the douderm as a separator between the prongs, bridge and septum.
- 6- Make sure there is no lateral pressure on the septum or nostrils which causes the tissue to be pinched, twisted or misaligned.
- 7- Make sure that the respiratory tubes are not resting on the eyes

3) If signs of nasal erosion are noted:

- a. **Don't stop** using nasal prongs
- b. Be extra careful applying all protective steps stated above
- c. Use Medi-Honey to reduce inflammation and promote healing
- d. You may use a prong that is one size less than the current one while keeping a good seal using a proper cannulaide

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