

Oxygen Therapy — Patient Resource Guide

Care instructions, equipment basics, and troubleshooting for home oxygen concentrators and portable units.

Care Instructions

Daily

- Wipe the external cabinet with a damp cloth — no liquid cleaners, they can damage electrical parts.
- Check and clean your cannula or mask; replace every 2–4 weeks, sooner if soiled or cracked.
- Inspect tubing for kinks, cracks, or moisture buildup.

Weekly

- Wash the air intake filter in warm soapy water, rinse, and air-dry completely before reinserting. Never run the unit with a wet filter.
- Wipe down portable tanks/conservers and check gauge readings.

Monthly / Periodic

- Replace humidifier bottle water daily if used; replace the bottle itself every 1–3 months.
- Have your supplier inspect/service the unit on schedule — keep a copy of your service log.

Storage

- Keep the concentrator upright, at least 5 feet from open flames, candles, or gas stoves.
- Store portable cylinders upright and secured so they can't fall or roll.
- Never store oxygen equipment in direct sun, a hot car, or near heaters.

Equipment & Usage Basics

- **Setup:** Place the concentrator in a well-ventilated area, at least 6 inches from walls or furniture.
- **Power on:** Plug directly into a wall outlet — do not use an extension cord or low-rated power strip.
- **Flow rate:** Set to the exact liter-per-minute (LPM) flow your provider prescribed. Do not adjust without medical direction.
- **Portable units:** Know how to switch between continuous flow and pulse-dose mode, and how to read the battery indicator before leaving home.
- **Alarms/indicators:** Learn what each light or sound means (power loss, low oxygen purity, low battery).

Troubleshooting

Issue	What to check	When to call us
Unit won't turn on	Outlet works, cord fully seated, circuit breaker	If it still won't power on

Issue	What to check	When to call us
Alarm sounding	Tubing for kinks/disconnect, cannula in place, filter not clogged	If alarm continues, or you feel short of breath
Low oxygen flow felt	Tubing length, connections tight	If breathing feels harder despite correct tubing
Portable battery drains fast	Battery fully charged before leaving home, correct flow setting	If battery life seems shorter than usual repeatedly
Unusual smell/overheating	Power off immediately, unplug	Call our 24/7 RRT line right away — stop using the unit

Safety reminder: Never smoke or allow open flame near oxygen equipment. If you feel unusually short of breath, dizzy, or the unit shows a fault you can't resolve, call our 24/7 Respiratory Therapy line immediately.

For any equipment issue you can't resolve, or any symptom that concerns you, our Respiratory and Clinical team is available 24/7 at (718) 854-5501. Don't wait for a problem to get worse — call us first.