

FREEVENT[®] XtraCare[™]



Good humidification and effective filtration.
For extra protection.



Atos
Breathing-Speaking-Living
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FREEVENT[®] XtraCare[™]

A tracheostomy means that humidification and filtration functions are lost. Combining an HME with a filter, provides you more than humidification. It also provides very effective filtration, for extra protection.

Freevent XtraCare combines an HME with a highly effective electrostatic filter, and provides protection against airborne particles, including viruses and bacteria, with a filtration efficiency of more than 99%*.

Humidification and filtration are lost after a tracheostomy

When breathing through the mouth and nose the upper airways humidify and filter the inhaled air. In this way, you can be sure the air is at the right body temperature and contains enough moisture when it reaches the lungs for them to function properly.

A tracheostomy bypasses the upper airways, which means that the important humidification and filtration functions are mostly lost. Your airways react by producing more mucus, and your windpipe can feel irritated. You may start to cough a lot and have to clean your stoma more regularly. Most people find that wearing HMEs can help.

Why it is important to use an HME

Heat and Moisture Exchangers (HMEs) have been developed to compensate for the lost functions of your nose and help re-balance the “climate” in the lungs.

An HME improves lung health by heating and moisturizing the inhaled air. Continuous use of a Heat and Moisture Exchanger (HME) is known to reduce mucus production and coughing in the majority of neck breathers, and helps to improve quality of life.

A traditional HME humidifies the inhaled air, but does not filter effectively. Therefore it does not adequately prevent viruses, bacteria and other fine airborne particles from entering the airways.

Freevent XtraCare is an HME with a highly effective electrostatic filter that:

- Warms and humidifies the air you breath in to help reduce coughing and mucus production.
- Protects you from airborne particles (such as viruses, bacteria, dust and pollen) by effectively filtering the air you breathe in through the tracheostoma.*
- Protects those around you from airborne particles (such as viruses and bacteria) by effectively filtering the air you breath out through the tracheostoma.*
- If supplemental oxygen is needed, Freevent XtraCare can be combined with Freevent O₂ Adaptor.

*Please note: Since pathogens can enter and leave the human body in other ways, (such as the mouth, nose, and eyes), Freevent XtraCare can never guarantee complete protection. Please read the Instructions for Use for guidance.



Freevent XtraCare offers excellent filtration of viruses and bacteria

In addition to the HME, Freevent XtraCare has an electrostatic filter that can effectively reduce the inhalation of viruses, bacteria and fine airborne particles via the tracheostoma. The viruses, bacteria and airborne particles collide with the filter fibers. In addition, the electrostatic capacity makes it possible to also attract and capture the particles.

It is the combination of these filtering mechanisms that enable the excellent Freevent XtraCare filtering.

Freevent XtraCare provides humidification and improves lung health

Freevent XtraCare provides better lung health by heating and moisturizing the inhaled air. Continuous use of a Heat and Moisture Exchanger (HME) is known to reduce mucus production and coughing in the majority of neck breathers, and helps to improve quality of life.

When to use

Freevent XtraCare HME is versatile in its use. You can use it daily, especially during the flu season or in situations where you are in crowded places such as supermarkets and public transport. It can be beneficial if you enjoy gardening, particularly during the high pollen season.

Filtration efficiency*

	Filtration of bacteria (average)	Filtration of virus (average)
Freevent XtraCare	>99%	>99%
T-shaped HME with paper	14%	33%
T-shaped HME with foam	57%	51%
Chimney shaped mini HME	40%	55%

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How to use Freevent XtraCare

1

You attach the HME to the tube using a twisting motion. The HME needs to be changed at least every 24 hours or more often if needed, e.g. breathing resistance increases due to mucus.

2

To remove the HME, hold the tracheostomy tube in place and gently remove the HME using a twisting motion.

3

Dispose of the used HME.

Precautions

- Do not wash and re-use the HME. Washing the HME impairs the filtering and HME functions.
- Do not use a soiled or contaminated device as this may cause an infection.
- Do not administer a medicated nebulizer treatment over the device since the medication can be deposited in the device.
- Do not use humidifiers or heated humidified oxygen over the device since the HME will become too wet.
- Do not use the device beyond 24 hours after initial use. This can increase the risk for infection due to bacterial colonization.
- Do not use a damaged or disassembled Freevent XtraCare as this may cause aspiration of small parts



How to use Freevent O₂ Adaptor






- 1 Start with connecting Freevent O₂ Adaptor to Freevent XtraCare, an audible click will confirm it's securely in place.
- 2 Then attach the oxygen tubing, 1/8 inch (3.2 mm) diameter, to the adaptor and make sure the oxygen tube goes beyond the conical edge of the connector.
- 3 When this is completed you can attach the HME to the tube and apply oxygen as prescribed by the physician.

The oxygen tubing can be detached from the adaptor after oxygen supply and attached if oxygen supply is resumed.

- 4 Freevent O₂ Adaptor should be replaced at least every 24 hours, or when it becomes dirty, contaminated or shows any signs of damage. If needed, it can be removed and used again within 24 hours for the same patient.

Contact us for more information

We develop products in close cooperation with leading institutions, doctors, physicians, nurses, speech language pathologists and patients from all over the world, to improve patients' quality of life through smart and innovative solutions. Please discuss with your treating physician if Freevent® XtraCare™ is right for you. For more information about the Freevent assortment and Instructions for Use, please visit www.atosmedical.com.

Ordering Information		REF	Rx*
	Freevent XtraCare - white, 30 pcs	7767	Rx
	Freevent XtraCare - blue, 30 pcs	7768	Rx
	Freevent XtraCare - white, 5 pcs	7789	Rx
	Freevent XtraCare - blue, 5 pcs	7788	Rx
	Freevent O ₂ Adaptor, 10 pcs	7769	Rx

* US only.

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