

## **BEFORE AND AFTER YOUR HYPERBARIC TREATMENT**

If you are receiving hyperbaric treatments; it is important to understand how to clear your ears, while you are inside of the hyperbaric oxygen chamber. You must help your ears to clear by equalizing the pressure that you feel.

### **YOU CAN ACCOMPLISH THIS IN THREE SIMPLE STEPS**

- YAWN AND SWALLOW
- PINCH YOUR NOSE SHUT AND ATTEMPT TO GENTLY BLOW THROUGH YOUR NOSE. (VALSALVA)
- WIGGLE YOUR JAW REPEATEDLY- UP & DOWN, LEFT TO RIGHT, OR CIRCULAR MOTION.

ALL THESE STEPS MUST BE REPEATED EVERY TIME YOUR FEEL PRESSURE BUILDING IN YOUR EARS. ( NO DIFFERENT THAN TAKING OFF AND LANDING WHEN YOU ARE IN AN AIRPLANE)

Your ears may do some funny things while you are undergoing treatments in the hyperbaric chamber. You may experience the following:

- Popping or Cracking of the ear (s)
- A fullness type feeling in the ear (s)
- One or both of your ears may be or feel plugged.
- Inside of your ear may be tender

Please work with us. Help us to ensure that you have a comfortable experience in the hyperbaric chamber. It is our privilege to be of service to you, your friends, your family. Rest assured, we will do all that we can in helping you receive the most therapeutic value out of your hyperbaric oxygen therapy experience.

*A special note: If you have a head cold, sinus problem, or nasal congestion on the day of treatment- it is not recommended that you receive hyperbaric oxygen treatment on that day.*

