

IMPORTANT! HOW TO PREPARE FOR YOUR UPCOMING HYPERBARIC CHAMBER APPOINTMENT

- Please wear comfortable loose fitting cotton or cotton type clothing; gym clothes
- Little to no makeup, perfumes, lotions, skin oils of any kind
- Please wear socks
- All jewelry, earrings, necklaces, bracelets, watches, loose coins, wallets, purses, wigs, hairpieces, must go into the basket provided, it will all remain in the basket right next to the chamber
- All electronic devices, cell phones, Ipads, fitbits, pagers cannot go into the chamber.
- All lighters, matches, hearing aids, and other medical devices need to be removed and placed in basket provided.
- TV is provided outside the chamber to make your experience more enjoyable.
- Some of you may want to take this time to relax; one hour in the hyperbaric chamber is the equivalent to 4 hours of sleep!

SPECIAL NOTE

- If you have had any recent dental work; especially fillings, you must wait 48 hours before going into the chamber. This is a safety precaution to preserve the integrity of your fillings.
- Do not fly or drive to a higher altitude within 12 hours after completing an hyperbaric treatment.
- Do not smoke at least two hours after receiving a treatment
- If you are taking medications it is best to consult with your doctor before taking any hyperbaric treatments.

I have read, and understand and agree to the requirements of both pre and post hyperbaric treatment conduct as a client.

By: _____
Signature Printed Name Date

