

## **HYPERBARIC OXYGEN THERAPY**

### **PATIENT INFORMATION**

- Prior to treatment
  - Shower prior to arriving for your hyperbaric treatment. Make sure to avoid applying any products such as perfumes, deodorants, hair sprays and hair styling products.
  - Do not apply any ointments/petroleum products or flammable skincare and products prior to your treatment. If you are coming in for a treatment after a surgical procedure, make sure to avoid applying any ointment to your incision sites only for this treatment. You may resume applying ointment following your treatment.
  - Please remove all jewelry and/or wigs. Metal of any kind is not permitted inside the chamber.
  - Glue-based hair and/or lash extensions that were applied within 24 hours are not permitted in the chamber.
  - Avoid alcohol and carbonated drinks should be avoided at least 4 hours prior to the treatment.
  - Make sure to wear clothes made of cotton only. Your clothing should not have any metal on it. Avoid wearing athletic/workout clothing such as spandex leggings and sports bras.
- Once the treatment is completed, there are no limitations and you may continue with your daily routine.
- Expect to have a 60 minute treatment session. A television will be provided with use of subtitles for the duration of the treatment. Cellphone and/or headphone use is not permitted inside the chamber.
- Please let a team member know prior to your appointment if you are experiencing any of the following: ear congestion, sinus congestion, any troubles popping or clearing your ears with pressure changes, cold/flu like symptoms and/or diabetes.