



O₂ & Red Light Therapy
BREATHE, REJUVENATE, ENERGIZE

How to prepare for your upcoming Hyperbaric Chamber Appointment

- No makeup, perfumes, lotions, skin oils of any kind. This helps keep scents out of the chamber that are hard to remove and may irritate other clients.
- Please wear comfortable loose-fitting cotton or cotton type clothing. Please wear socks.
- All jewelry: necklaces, bracelets, watches and belts must be removed and some earrings.
- Absolutely no lighters, matches, or chemical personal warmers in the chamber.
- Pockets must be emptied of loose coins, knives, ammunition, lighters, or any other items. Wallets and purses must remain outside the chamber in the area designated to you or they may be held at the reception desk.
- Hearing aids and other medical devices that can be removed, need to be removed and placed in your bin provided.
- For your safety no battery operated object is allowed in the chamber. This includes cell phones and tablets. You may have books and magazines.
- 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:

- Congestion may make you unable to clear your ears. If you cannot clear your ears we will need to reschedule your appointment.
- 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 hyperbaric treatment.
- Avoid carbonated beverages 4 hours prior to treatment.
- Do not smoke at least two hours before or after receiving a treatment.
- If you are taking medications, it is best to consult with your doctor before taking hyperbaric treatments.

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

Client Signature: _____ Date: _____