



Dear Patient and Family,

We look forward to starting your HBOT treatments at our facility. These safety measures **MUST** be followed during your course of treatment.

- ✓ Clothing worn in the chamber must be at least 50% cotton. Adults will be provided with scrubs. A disposable diaper may be worn but must be covered by cotton clothing. Buttons, zippers, snaps, and/or Velcro are not allowed. Alcohol and petroleum-based products should not be applied before treatments. **The following may not be on the body when entering the chamber:**

Jewelry or body piercing	Hearing aids/ear pods/headphones	Chapstick/lip balm
Metal glasses	Earplugs	Chewing gum
Watch	Deodorant	Cosmetics
Dentures, partials, Invisalign	Perfume	Compression stockings
Synthetic hair/lashes	Hairspray	Heat patches
Hair accessories	Oil, lotion, cream, Vaseline	Medicated patches
Hard contacts	Mani/pedi within 24 hours	Petroleum based dressings

- ✓ **The following may not be taken into the chamber:**

Toys	Wallet or purse	Vape pen
iPad or e-reader	Any electronic device or battery	E-cigarette
Phone	Matches	Warming device
Keys	Lighters	Warming patches or pads
Any metal	Cigarettes	
Book, magazine, or paper	Any flammable material	

A pacifier may be taken into the chamber. You will be provided with a small water bottle.

- ✓ While we provide lockers for your belongings, it is always best to leave them at home.
- ✓ Due to the HIPAA Privacy Act, and for safety reasons, we are unable to allow family members to stay in the hyperbaric chamber room while the patient is being treated.
- ✓ Patients should not consume carbonated drinks at least one hour, if not more, prior to treatment, as it may cause stomach upset. A nutritious meal and hydration with water prior to each treatment is recommended. If the patient has a temperature of 101 degrees or higher they will not be treated. Stop or decrease any nicotine use during the course of treatment, as nicotine works against oxygen therapy.
- ✓ Inform the technician of any new medications, diagnoses, or symptoms before each daily treatment. If the patient is diabetic remember to take a blood glucose reading immediately prior to and after each treatment and inform the technician of the results.
- ✓ The patient will need to equalize their ears early and often in the chamber. Breathe normally and always communicate with the technician about how you are feeling.