

LET THE STAFF KNOW IF YOU FEEL ILL OR IF YOU ARE CONGESTED.

TELL US IF YOU HAVE:

- An internal battery-operated medical device such as a pacemaker or pain pump. The staff will make sure your device can be used in the chamber.
- If you have an external battery-operated medical device, it cannot go into the chamber. Your HBOT physician will contact your provider for instructions on how to deal with this device.
- Inform your HBOT provider if you have ever had chemotherapy.

We will provide you with clothing to wear during your treatment, try to wear cotton briefs. Please do not wear any of the following items when you come to the center for HBOT therapy.

You cannot have anything in your mouth such as gum, loose dentures or candy during treatment. Also, you will not be permitted to bring your cell phone into the chamber.

- Makeup
- Wigs or hairpieces
- Nail polish that has been on for less than 24 hours. You may paint your nails at least 24 hours before an HBOT treatment.
- Loose fitting dentures
- Contact lenses
- Deodorants
- Skin lotions
- Perfume, cologne or aftershave
- Jewelry, including watches or earrings
- Hair spray or oils

HOW MANY TREATMENTS WILL I NEED?

Treatment is different for each patient. It depends on the patient's condition and response to therapy. Most patients receive a minimum treatment of 10 sessions and more complex therapy of between 30 and 40 treatments.

HOW LONG DOES A TREATMENT SESSION LAST?

Each treatment will typically last 60 minutes to hours. You will receive one treatment per day, Monday through Saturday. Our specialist will let you know if you need more than one treatment per day with a 6-hour intermission.

WHAT SHOULD I EXPECT BEFORE TREATMENT?

Depending on your condition the technician may take your vital signs, examine the inside of your ears, collect data and ask questions. You will be asked about your pain. If you have diabetes if your blood sugar needs to be checked. Safety checks will be done before each treatment.

IS IT PAINFUL?

HBOT is not painful. At the beginning of your treatment, you may feel pressure in your ears, like when you fly in a plane or drive up into the mountains. You may have to clear your ears. The staff will instruct you on methods for clearing your ears:

- Swallow
- Yawn
- Open and close your mouth