

## YOUR TREATMENT

Hyperbaric Oxygen Therapy is a method of safely delivering high doses of oxygen to the body. You will achieve this through breathing 100% oxygen via a mask or oxygen hood. Pressure is built inside the chamber and this allows the oxygen inhaled to be dissolved at greater levels in the blood, spinal & lymph fluids, as well as all other tissues. The atmospheric pressure will target your health concerns, according to the protocol determined for your individual health needs.

## ORIENTATION

Clients and caregivers will attend a personalized orientation session led by a C.H.T. and E.M.T. who will carefully explain all aspects of Hyperbarics while you or your loved one has their initial treatment session.

Please inform the staff if you experience any of the following during your treatment period:

- You develop a cold, the flu, nasal or chest congestion.
- You develop a fever.
- You may be pregnant.
- You develop diarrhea, nausea or vomiting.
- You develop an ear or sinus infection or have allergies.
- You change your medication schedule.
- You're diabetic and did not take your insulin.
- You have not eaten prior to treatment.

*"Private sessions, detailed orientations and slow compression and decompression are the keys to our success"*

Content is for informational purposes only. Consult your physician before beginning any medical treatment, including HBOT.

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PROVIDING EXCELLENCE IN HBOT SINCE 1997



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# PATIENT HANDBOOK FOR HBOT

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## CONSENT

You will be asked to sign a medical records release. Your records will arrive before your appointment date to be carefully reviewed in detail. You will not be treated without your fully-informed consent. You will be asked to sign a legal consenting agreement for therapy prior to commencing treatment with Rapid Recovery Hyperbarics. Consent for photo or video documentation of progress and improvements may also be requested. All patients are provided with a journal and asked to keep entries so that we may better monitor your progress.

## SAFETY

- Clients are provided daily with fresh 100% cotton scrubs. No street clothes or shoes will be permitted inside the chambers.
- Please arrive 15 minutes before each treatment to change clothes and prepare.
- NO sources of grease or oils will be permitted inside the chambers. Including: lotions, lipsticks, nail polish, perfumes, makeup or hair products.
- DO NOT use any petroleum-based products (such as Vaseline) prior to therapy session.
- DO NOT use alcohol for skin care.
- NO carbonated drinks for at least 4 hours prior to treatments.
- Eat breakfast, lunch and dinner.
- NO electronics or video games, will be allowed inside chambers.
- Check with C.H.T. before bringing ANYTHING into the chamber.
- For your safety and privacy, no visiting is allowed inside the chamber room. Family and friends must wait in the waiting room.
- NO unfinished root canals, temporary fillings, or caps. All dental work must be completed before starting HBOT.
- Please provide us with all contact information.

# EXCELLENCE IN HYPERBARICS

## EXAMINATION

We want to work with your treating physician.

We request that you have your doctor send a prescription for therapy.

A Hyperbaric consultation will be provided for all clients and caregivers prior to commencement of HBO therapy. This consultation may determine if additional tests are needed for patients and / or caregivers. These tests may include one or more of the following IF NECESSARY:

- Hearing test
- Chest X-rays
- Check of lung function
- Pulmonary function test
- Prescriptions
- Baseline tests such as brain S.P.E.C.T scan or EEG
- Review of current and previous prescription and over-the-counter medications
- Review of vitamin, mineral and herb consumption
- Diet and Nutrition review

## EQUALIZING YOUR EARS

The pressure felt inside the chamber is similar to the feeling you experience while flying.

Our staff has over 10,000 hours of chamber operation experience and is well versed in equalizing techniques. We encourage you to practice equalizing or "clearing" your ears by chewing gum, yawning, or swallowing liquids. (This will be addressed in detail during your first personalized orientation session.)