

HYPERBARIC OXYGEN THERAPY (HBOT) PRE-TREATMENT INSTRUCTIONS

1. Clothing Requirements

- a. Only 100% cotton clothing is permitted.
- b. No synthetic fabrics (polyester, nylon, spandex, rayon, blends).
- c. No metal zippers, fleece, leggings, or athletic wear.

2. Items & Products to Avoid

- a. No makeup, lotions, oils, deodorants, perfumes.
- b. No hair products (spray, gel, mousse).
- c. No petroleum products (Vaseline, Aquaphor).
- d. Remove all jewelry.
- e. No electronic devices (phones, watches, earbuds).

3. Medical Considerations

Notify staff BEFORE treatment if you have:

- a. Congestion
- b. Sinus issues
- c. Ear pain
- d. Recent illness
- e. New medications
- f. Recent air/scuba travel

4. Diabetic Instructions

- a. Eat a snack 30-60 minutes before treatment.
- b. Check blood sugar pre- and post- treatment.

5. Hydration & Nutrition

- a. Drink water before your session.
- b. Avoid alcohol for 12 hours prior.
- c. Avoid carbonated beverages 2 hours prior.
- d. Eat a light meal or snack before your session.

6. What to Expect During Treatment

- a. The chamber will gradually pressurize.
- b. You may experience ear fullness—swallow, yawn, or chew to equalize.
- c. Tell your operator immediately if you feel discomfort, dizziness, nausea, anxiety, or chest pressure.

7. Arrival Instructions

- a. Arrive 10 minutes early.
- b. Use the restroom beforehand.
- c. Facility-provided cotton garments may be required.