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HYPERBARIC OXYGEN THERAPY SAFETY PRECAUTIONS

Dear Patient and Family,

Welcome to THE HBO CLINIC! We look forward to beginning your hyperbaric oxygen therapy at our facility. We need to inform you of several safety measures that **must** be followed to ensure your safety, or that of your loved one, as well as the staff in the clinic. Strict adherence to these measures must be followed.

Any person entering the hyperbaric oxygen chamber may only wear 100% cotton clothing (including underwear). Your clothing may not have metal snaps or hooks. Velcro, elastic and non-metallic buttons are allowed. Quite often, hyperbaric patients will buy 100% cotton pajamas or scrubs to use for their treatment “uniform.” We ask that patients change into their “uniform” after they arrive in the clinic and change again before leaving the clinic. This greatly reduces the risk of soiling the clothes with environmental contaminants that increase the chances of a fire. Diapers and incontinence garments are not allowed in the chamber. Other products not allowed in the chamber include, but are not limited, to:

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|-------------------|----------------------|----------------------------|
| -Ointments | -Hairspray | -Toys* |
| -Hair accessories | -Hair gel or mousse | -Books |
| -Deodorant | -Lotions | -Stuffed animals and toys* |
| -Make up | -Perfume | -Blankets* |
| -Hearing aids | -Watches | -Alcohol |
| -Jewelry | -Hard contact lenses | -Petroleum-based products |

*If your child is attached to a toy, stuffed animal or blanket, we suggest you try to substitute a 100% cotton blanket (no binding) or cotton toy (stuffing must also be 100% cotton) soon to ease any anxiety your child may experience if separated from his or her favorite.

In addition, electronics such as iPods, PDAs, phones, etc. cannot be taken into the chambers. BE SURE TO ASK THE CHAMBER ATTENDANT if you have *anything* you would like to take into the chamber.

(Safety Precautions, cont.)

On the good side, pacifiers, plastic bottles or athletic bottles with plastic straws *are* allowed in the chamber. In addition, each chamber has a flat-panel television screen and a DVD player. Please feel welcome to bring your favorite movies to watch!

We advise you not to drink carbonated beverages for at least four hours prior to treatment, as it could cause stomach upset. We also recommend a well-balanced meal before treatment. Hyperbaric oxygen therapy may sometimes cause a drop in blood sugar, particularly if one has not eaten.

SMOKING constricts your blood vessels. For maximum benefit, stop smoking during your hyperbaric series. The use of nicotine gum, lozenges and the patch has the same vasoconstrictive action as cigarettes, chew and dip. We do not recommend using these smoking-cessation aids. If you cannot stop smoking, please refrain from it for at least two hours or more before and after each therapy session. Of course, there is absolutely no smoking in or around the clinic.

If you have any questions or concerns about hyperbaric chamber safety, be sure to address them with the chamber attendant or the hyperbaric physician.