

CENTRO MEDICO MONRAZ  
Lacandones 318-2,  
Col Monraz, Guadalajara, Jalisco  
+52 (33) 3813-6083  
FB: CamaraHiperbaricaMHO2Guadalajara  
www.mho.com.mx



CLINICA INNOVARE  
Av. Verona 7412 int113,  
Col. Verona, Zapopan, Jalisco  
+52 (33) 9688-5615  
Instagram: Camarahiperbarica\_gdl

## Recommendations for Your First Hyperbaric Oxygen (HBOT) Treatment

We appreciate if you could **arrive 15 minutes** before your appointment so we can start the therapy on time.

### What we recommend before the session

- Eat something light prior to the session.
- Come bathed or clean; and as free of chemical products as you can:
  - (ex. gel, deodorant, creams, spray, makeup, etc.)
- Avoid coming with metallic or electronic objects since they CAN NOT enter inside the chamber:
  - (ex. watch, chains, earrings, slaves, rings, iPhone, cell phones, belts, etc.)
- Bring 100% cotton or 50/50 polyester-cotton clothing, if you do not have any we will provide some for you. There is no problem with wearing underwear during the treatment.
- Do not smoke at least 3 hours before entering.
- Go to the bathroom before starting, so we do not have to shorten your session.
- You can come accompanied if you wish.
- Do not enter the therapy with any matches, lighters or flammable liquids.
- Leave valuables, metals, toys or electrical gadgets in the dressing room or locker.

### What to expect of the therapy?

- If necessary, we will take your blood pressure and you may be asked to change into the appropriate clothing.
- A bracelet will be placed on your wrist to cancel out any static electricity, please do not to remove it.

During the therapy, you will go through 3 stages: 1. Compression (therapy begins and ears may feel plugged or pop a bit) 2. Isopression (No more pressure changes, you can now sleep, watch a movie or listen to music) 3. Decompression (final step of the therapy and the ears may start to unplug or pop a bit again)

### What will I feel during the therapy?

- You may feel plugging of the ears, this is very normal. There may be people who do not feel a thing.
- You may hear slight popping (bubbles) in the ears, apply the Valsalva Maneuver
- If you happen to feel an ear ache that increases in pain, let the technician know, either by tapping on the acrylic of the chamber or letting her know verbally. (She is listening to you all the times) If this where to happen, we stop the compression process, wait 30 seconds and once the discomfort subsides, continue with the treatment.
- A feeling heat or dampness is normal because your body is detoxifying and your metabolism is being activated.

### Recommendations and What I Can Feel After the Session

- If you smoke, avoid smoking as much as possible after the session.
- A sensation of your ears feeling plugged, a little popping or feeling of bubbles in the ear is normal, also slight headache is normal several minutes after and we ask to apply the Valsalva Maneuver

*Any Questions Please Ask the Technician at Any Time!*