

You are about to begin your first hyperbaric visit. This technology, known as mild hyperbaric, has been reported to have beneficial effects for a wide range of conditions, without negative side effects. Nevertheless, as with many treatments, there are areas of concern which you should be aware. It is important that you take a few minutes to read the following information.

**OCT/C BAROTRAUMA:** This is a condition of injury to the eardrum, and is extremely unlikely to occur in the mild hyperbaric chamber. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized (at the beginning of your visit) and also as it is depressurized (at the end of your visit), you must be able to equalize the pressure in your ears to acclimate to the pressure changes. You do this by "popping" your ears. This is normal, and you can help the "popping" effect by yawning or swallowing. A more effective method is to hold your nose, close your mouth, and blow. Continue to do this each time you feel pressure build up in your ears. When the chamber reaches its full pressure, you will not have this concern. When the chamber is near completion of depressurization, you will again have no concern.

If one or both of your ears do not acclimate normally (by the "popping"), you will begin to experience discomfort in your ear canals. This can be caused by ear and/or throat congestion, or by prior trauma to the ears. You should not endure any ear discomfort during your visit. **IT IS THEREFORE CRITICAL THAT YOU COMMUNICATE ANY DISCOMFORT IMMEDIATELY TO THE ATTENDANT.** The attendant will immediately adjust the pressure, using the pressurization valve, back to a level of comfort for you, and slowly try again to see at what level of pressure you are able to equalize the pressure in your ears. If you are unable to equalize the pressure in your ears, the visit will be immediately discontinued and reevaluated.

**PAIN FROM SINUS, HEAD COLDS OR VIRUS:** You should not schedule a visit in the chamber if you are suffering from any of these conditions. Discomfort from these conditions is less frequent, but it may occur in people with chronic or acute sinus infections or allergic rhinitis. If you experience discomfort from any of these conditions during pressurization, you must communicate with the attendant immediately, and the treatment will be discontinued. Steps can then be recommended that will help alleviate the underlying condition before attempting another visit.

**PULMONARY HYPEREXPANSION:** This condition is very rare under mild hyperbaric treatments. However, to be overly cautious, holding your breath during decompression must be avoided as it could lead to expansion of the air in your lungs and damage to the lung tissues. In the highly unlikely event of an unexpected rapid decompression, it is critical that you exhale immediately.

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Patient's Initials /  
Or legal Guardian

I \_\_\_\_\_ have read, fully understand and  
(Print Name )  
consent to Treatments in the mild hyperbaric chamber. I agree to hold The Hyperbaric  
Therapy Center harmless from any blame I may associate with treatments in the mild  
hyperbaric chamber. \_\_\_\_\_  
Patient's Initials /  
Or legal Guardian

Although mild hyperbaric therapy has been reported to be beneficial for a wide range of  
conditions, this treatment is not meant as a cure for any conditions or disease, and no  
therapeutic outcomes can be guaranteed.

We do not in any way recommend Hyperbaric Therapy as a substitute for any medical  
treatments prescribed or suggested by any medical physician. We do not make any  
guarantees to any results that an individual may experience. We are NOT medical  
practitioners, and we do not accept insurance for any of our services.  
Sessions are one hour long each. The course is 5 sessions per week  
for two consecutive weeks [Total 10 sessions].

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I have read and fully understand the above information. I am the legal  
guardian of \_\_\_\_\_ CPR Number: \_\_\_\_\_

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Print Name

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Date & Time

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Signature

The cost of the whole 10 session course is BD 100.