

New Patient Orientation

Orientation Instructions for New Patients First Dive in the Chamber

Congratulations on scheduling your first dive in the hyperbaric chamber! We want to make sure that you are prepared and comfortable for this experience. Here are some patient orientation instructions to help you get ready for your first dive.

1. **Equalize your ears:** During the dive, the air pressure in the chamber will increase. This may cause discomfort or pain in your ears. To prevent this, you should equalize your ears by swallowing, yawing, or using the Valsalva maneuver (closing your mouth, pinching your nose, and gently blowing air out of your nose).
2. **Dress appropriately:** Wear comfortable clothing made of natural fibers like cotton or linen. Avoid wearing synthetic materials like polyester or nylon. Avoid wearing any jewelry, watches, or hair accessories that may interfere with the seal of the mask.
3. **BYOB:** Bring your own blanket and/or pillow.
4. **Eat a light meal:** Eat a light meal before you dive to prevent any discomfort or nausea. Avoid eating any heavy, fatty, or spicy foods that may cause indigestion.
5. **Use the restroom:** Make sure to use the restroom before your dive. The chamber cannot be opened once the dive begins, and it is important to avoid any discomfort during the session.
6. **Non Permitted Items:**
 - Remove shoes, jewelry, and empty your pockets and place your belongings in a lockable locker.
 - Please avoid wearing perfumes, colognes, strong scented lotions, lip stick, make up, lotions, Vaseline products, oil-based products.
 - Avoid eating spicy foods 2 hours before your session.
 - Avoid smoking and alcohol at least 2 hours before and directly after your session.
7. **Report cold, flu, or seasonal allergy symptoms:** While you may feel fine, sinus congestion may prevent you from properly clearing your ears during the session.
8. **Relax:** The dive may take anywhere from one to two hours, so it is important to relax and stay comfortable. Bring a book, music, or something else to help you pass the time.
9. **Review the dive procedure:** Your healthcare provider will explain the dive procedure to you before the dive. Listen carefully and ask any questions you may have. Make sure you understand the procedure and comfortable with it.
10. **Review safety instructions:** Your healthcare provider will also provide you with safety instructions. Make sure you understand the safety instructions and follow them carefully. Do not hesitate to ask any questions if something is unclear.
11. **Practice your hand signals:** The best way to communicate with your technician is through hand signals.

Remember, hyperbaric oxygen therapy is a safe and effective treatment for a variety of medical conditions. By following these new patient orientation instructions, you can ensure that you are prepared and comfortable for your first dive in a hyperbaric chamber.