Elite Plastic Surgery
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HYPERBARIC OXYGEN THERAPY

Clothing
Wear loose, comfortable clothes during session. Ladies should remove long socks (silk stockings) before getting into the chamber. Please take off shoes before entering the chamber. Shoes, jewelry, or any sharp objects that could damage the chamber should be removed.

Preparation
To make the therapy experience more pleasant, get as comfortable as possible. That means taking care of restroom breaks and/or drinking only small amount of water before getting into the chamber. Depressurizing tends to make you feel you need to urinate. You are allowed to bring a plastic water bottle inside the chamber if preferred.

It is advised to relax and breathe normally. The air inside the chamber will be continually exchanged once the pressure reaches 30 kPa. The chamber has an A/C unit installed that can be adjusted at your preference.

Please do not touch the oxygen or pressure buttons inside the chamber.

Chamber Pressurization
During the pressurization, if you feel pain in the ears due to the tympanic membrane extrusion pressure, the ear may experience tingling. It's normal, at this point you can perform a "chewin um motion". You will feel normal once the pressure has stabilized at 30 kPa. But if you can't bear the pain anymore, for instance, when the pressure rises to 15 kPa, or if the ears feel very painful, we will either unscrew the air deflate valve slowly to reduce the speed of pressurizing or have the air compressor turned off. Once you feel that the pressure has equalized and you are feeling better, we will screw the pressure release valve shut again to continue pressurization until the pressure gets to 30 kPa.

When a session is completed, we will turn off the machine and unscrew the air deflate valve to depressurize the chamber. The pressure will drop slowly from 30 kPa to 0kPa. This depressurization process should be more than 5 mins. If depressurization is too fast, you might feel pain in the ears and there is risk of decompression sickness. When the pressure is at 0 KPA, the sliding door may be opened to exit the chamber.

Communication
You may communicate with the outside attendant by picking up the phone inside the unit. The attendant has a phone outside of the unit for two way communication.

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Session Frequency Recommendation

- With sustained injury, it is recommended that user receives sessions 5 days a week and 2 days off with each session lasting 60 minutes. Ramp down as progress is achieved.

Frequently Asked Questions

What should I do to prepare for a treatment?
People can go into the chamber fully clothed. It is recommended to wear loose comfortable. Shoes, jewelry, or any sharp objects should be removed before getting into the chamber. It is recommended that women not wear stockings in the chamber, because it may cause feelings of claustrophobia.

How will the HBOT treatment feel?
The chamber will be filled with compressed air. Once the chamber has expanded to its filled size, it will start to pressurize. While the chamber is pressurizing, your ears will feel the change in pressure inside the chamber. Otherwise it should be unnoticeable. To equalize the pressure and avoid the feeling of fullness in your ears, you will need to clear your ears by chewing (gum or food), swallowing, yawning. During the pressurization of the chamber, your mouth may become dry. Once the chamber is fully pressurized, your salivation will return to normal. Additionally, the chamber may become slightly warm while it is pressurizing. Once it is to full pressure, the relief valves will begin to pull the warmer air out of the chamber. Then you can sleep, meditate, read, watch movie, listen to music, etc.

How long is the treatment?
Treatment times are usually 1-2 hours per session, 5-7 Times per week.

Is Hyperbarics good for the Elderly?
Most definitely. Hyperbarics is great for those in their later years. Hyperbarics provides an immeasurable boost which counteracts the signs of aging. In fact, new research indicates that hyperbaric oxygenation slows Apoptosis (cell death).

Is Hyperbarics good for Children?
Yes, hyperbarics yields wonderful results with children. In fact, research with children suffering from brain-injuries and genetic disorders shows positive results and great promise.We recommend that children under the age of 16 need to be accompanied by an adult inside the chamber.

Are there any side effects?

The most common side effect is discomfort to the ears caused by pressure changes. To minimize the risk, patients learn to promote the adequate clearing of your ears during pressurization. Some patients may feel tired and dizzy after using hyperbaric chamber for the first time. Hyperbaric Oxygen Therapy does speed up the metabolism of our body. This can be an indication that detoxification is occurring.

Are there any contraindications for Hyperbaric Oxygen Therapy?
If a user has severe lung damage or severe COPD he/she should not be in a Hyperbaric chamber.

Pregnant women are not recommended to be in a Hyperbaric chamber.

Customers with Pacemakers and Customers who are susceptible to seizures should have seizures under control and be closely monitored. View the following link for more information https://rebrand.ly/Contradictions

How can I learn about the HBOT?
The most comprehensive book about HBOT is The Oxygen Revolution by Paul Harch, M.D. This book is geared toward consumers who would like to learn more about how HBOT works and what conditions it treats. The book explores the science behind HBOT, as well as case histories of patients who have benefited from HBOT.

PROHIBIT THE USE UNDER THE FOLLOWING CONDITIONS

- Pregnant women and people with severe infectious diseases and patients
- Bad Colds or Upper Respiratory Infections, Pneumothorax patients
- Hypertension exceeds SBP 160 mmHg / DBP 100 mmHg
- Severe heart problems or Pacemaker
- Severe COPD/Emphysema with air trapping.
- Congenital Spherocytosis.
- Children should only use under adult supervision with consent of a physician.

If you are currently taking any of the following medications, then hyperbaric oxygen therapy should be avoided:

- Cisplatin—a chemotherapy agent
- Disulfram (Antabuse®)—an oral tablet used to treat chronic alcoholism
- Doxorubicin (Adriamycin®)—a chemotherapy agent
- Mafenide Acetate (Sulfamylon®)—a topical cream used to prevent and treat bacterial or fungal infections.

Please answer YES or NO the following questions below.

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Have you taken any prescribed medications today?

- ☐ **YES**
- ☐ **NO**

***If the answer is YES, please list name(s) and dosage below.**

_____

***You must have a responsible adult available to drive you home following the HBOT if you have taken a medication that can impair your driving ability. Uber, Lyft, or Taxi is also an option.**

I understand the above and have had the risks, benefits, and alternatives explained to me. **I understand that this treatment is voluntary, and that no treatment is medically necessary or required.** I also understand like the practice of medicine itself, is not an exact science and that there are unknown risks with all medical procedures. Therefore, N**O SPECIFIC PROMISES OR GUARANTEES** of results can be made for any degree of improvements in my particular condition. There are **NO REFUNDS** given for any treatment rendered, regardless of results.

I agree that any dispute as to whether any service provided by Elite Plastic Surgery was improperly, negligently, or incompetently rendered will be determined by submission to arbitration, and not by a lawsuit or court process. I hereby agree to submit any dispute to arbitration administered by the American Arbitration Association under its Arbitration Rules. I agree that all claims based upon the same incident, transaction or related circumstances shall be arbitrated in one proceeding. A claim shall be waived and forever barred if (1) on the date of notice thereof is received, the claim, if asserted in a civil action, would be barred by the applicable legal statute of limitations, or (2) the claimant fails to pursue the arbitration claim in accordance with the procedures prescribed herein with reasonable diligence. ***I acknowledge that there are known and potentially unknown risks to every service*** and hereby agree to waive liability, releasing, discharging, indemnifying and holding harmless Elite Plastic Surgery, its directors, owners, parent and subsidiary companies and affiliates, and each of their employees, representatives, contractors, sponsors and advertisers, from any and all liability, loss, damage, costs, or claims. ***I accept the risks and benefits of this procedure, understand other alternative treatments, understand there are no promises or guarantees of results, and understand there are no refunds.***