

# Hyperbaric Therapy Center of Rome

This is a list of do's and don't for the Hyperbaric Chamber

1. Wear comfortable clothing, you'll be lying down for at least an hour.
2. If you are a smoker or wear heavy perfume, if possible please take a shower or bring a change of clothing . We see a high number of special needs children who are sensitive to chemicals.
3. Clean pillows will be provided, but you may bring your own if you prefer.
4. Please no food or gum allowed in the chamber. For small children you may bring a sippy cup (water only) for them to drink from, to help with the pressure changes.\* The cup will also pressurize
5. No writing utensils are allowed in the chamber, especially markers and crayons
6. You may bring cell phones, laptops, DVD players or other hand held games into the chamber.
7. Suggestions for younger children, books or cards. Please don't bring anything with many small pieces into the chambers.
8. Make sure you don't have keys, pocket-knives or other sharp objects on you when you enter the chamber.
9. Make sure you use the restroom before entering the chamber, the pressure can cause an increase in metabolism and therefore an increased need to urinate.
10. Since appointment times last more than a hour, please park in the back parking lot. Thank You!

\*Due to the limited amount of slots available for the chamber, please arrive a few minutes early for your appointment. If you need to cancel an existing appointment please give us a 48 hour notice.

And most of all, relax and enjoy the experience!

(706) 234-3031

503 W. 10<sup>th</sup> St ~ Rome, GA 30165