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## PLEASE REFRAIN FROM SMOKING & EXPOSURE TO TOBACCO SMOKE

for at least **ONE TO TWO HOURS** before you arrive, as smoke clings to your clothes and in your hair. If you OR anyone accompanying your appointment cannot “go without tobacco” that long, nicotine gum or a patch may help.

## **FOR YOUR SAFETY, ITEMS NOT ALLOWED IN HYPERBARIC CHAMBERS:**

- **All Flammable Materials** (matches, cigarettes, lighters, etc.)
- **Unapproved Fabric** (**NO** shoes, bra, street clothes, wool silk, synthetics, etc.)

### **Hyperbaric Scrubs to be worn ONLY (provided)**

**\*\*\* You MAY bring and wear:** cotton socks & underwear, panty liner or “Depend”\*\* \*\*

- **GUM, Mints, Candy, etc. OR Water, drinks, etc.**
- **Jewelry** (rings, toe rings, ear rings, necklace, bracelets, any piercing jewelry, etc.)
- **Metal Hair Pins, Clips, Ect.**
- **Oils and Grease** (Hair/Skin Oil or lotion products etc. {including dirty hair oil})
- **FRESH or AMPLE Hair Spray, Gel or Hair styling product** (3 hour. drying time)
- **FRESH NAIL POLISH** (12 hour drying time)
- **Make-Up** (remove before appt.) Most “Make-Up Removers” contain petroleum product, which is **Highly Flammable**, wash with soap and water following make-up remover.
- **Deodorant**
- **Dentures/Retainers**
- **Contact Lenses/Glasses**
- **Hearing Aids**
- **Metallic/Battery Operated Devices** (I-pad, cell phone, head phones, watch, money, etc)
- **Hand/Feet Warmers**
- **Newspaper, Magazines, Books, etc.**

**NOTHING IS TO BE TAKEN INTO THE CHAMBER** PLEASE SIGN & DATE BELOW THAT YOU HAVE READ, UNDERSTAND, & WILL FOLLOW THE ABOVE INFORMATION.

Date: \_\_\_\_\_

Signature of Client OR Guardian: \_\_\_\_\_

Print Name of Client: \_\_\_\_\_

Print Name IF Guardian: \_\_\_\_\_