

## **Preparing for your WOW Hyperbaric Oxygen Dive— Instructions for our VOPs (Very Oxygenated Persons)**

Everyone at Warrenton Oxygen Wellness (WOW) looks forward to you enjoying your HBOT healing sessions with us. Your health, wellness, and safety are our highest priorities, so we have specific procedures to ensure those priorities are properly addressed.

### **HBOT dive apparel and allowed materials**

WOW provides all VOPs with 100% cotton scrubs (tops and bottoms) that must be worn in the WOW HBOT chambers. No other clothing or fabrics are permitted in our chambers. HBOT-approved pillows and pillowcases are provided, along with HBOT-approved sheets, blankets and socks.

Eye glasses may be worn. We recommend you bring slip-on shoes for walking between the dressing room and the chamber room. Socks are also fine for walking back and forth, but they cannot be worn in our chambers. We have 100% cotton socks for your use. Please bring your water bottle for after your session. A book or magazine is permitted, provided they are bound and do not contain newsprint or comparable paper.

### **Specifically prohibited items and materials cannot be worn or carried into chamber:**

- Nail polish less than 24 hours old
- Jewelry/Watches/Fitness Bands/Rings/Earrings
- Loose-fitting dentures
- Hearing Aids or metal items
- Tobacco products, matches, or lighters
- Phones, batteries, or any electronics
- Keys, coins, or money
- Medications
- Newspapers or comic books
- Shoes, toys
- Food, candy, snacks, liquids or bottles, alcohol

### **To avoid damaging the chamber and adding various scents, we recommend avoiding:**

- Makeup, Ointments/Lotions
- Oil or grease
- Hairspray, accessories, mousse, gel
- Deodorant or perfume
- Contact lenses

### **Pre-dive dietary suggestions**

Limit your liquids starting a couple of hours before each session—your HBOT session will take about 90 minutes, including the time for descent and ascent. It's a good idea to avoid carbonated drinks before your dive. A good meal prior to your session is recommended. Avoid caffeine and nicotine products 2 hours prior to and post HBOT for maximum benefit. No alcohol 6 hours recommended.

**Due to HIPAA privacy requirements, WOW is unable to allow family members or friends to remain in the HBOT chamber room during VOP HBOT sessions.**

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