



After Your Hyperbaric Appointment

- You can resume normal activities right away. You can travel, swim, and fly.
- If you feel a stuffiness or pain in your ears, don't worry. It is temporary. Please let your chamber operator know so that they can adjust the rate of pressurization on your next dive. This is an easy fix. Do not let this temporary side-effect thwart your treatment.
- Everyone heals differently. Remember, there are no side-effects that can harm your health. The way the body's healing mechanisms work are different for each person.
 1. You may come out of the chamber having a profound experience, or it may not be profound. The therapy is working whether you have immediate noticeable change or not because of the mechanisms involved.
 2. You may feel full of energy, or tired. This depends on how your body is using its energy to heal itself.
 3. If you have chronic pain, you may have initial relief, or an initial flare up of symptoms. The human body is miraculous in that it will prioritize where it puts its energy. If you leave feeling achy or on "fire" in certain places, it means that the body's mechanisms of action have been activated. **THIS IS A GOOD THING!** It means your body is responding to treatment. You may want to add on a foot bath and take our water home with you to keep flushing toxins from the body. With continued treatment, you will get the relief you desire.
 4. You may feel very focused and level-headed or you may have a headache. This also depends on what type of healing is taking place in the brain or body. It is common for Hyperbaric Oxygen Therapy to address a forgotten injury or trauma from earlier in life.
 5. Detoxification symptoms. Remember, Hyperbaric Oxygen Therapy is a powerful detoxifying agent. If you feel nauseous after an appointment, experience diarrhea, or have a headache... **THIS IS GOOD!** It means that there are bacterial or parasitic organisms or toxins that are being released from the body. Depending on the condition we are treating, this is a desired effect.

Keep in mind, any type of reaction that you have after an appointment is good. It means the body is responding to the treatment. There are absolutely no drug interactions to worry about with Hyperbaric Oxygen Therapy, or side-effects that can harm your health. Sometimes you feel terrific after a session and sometimes maybe not so much. Please call your chamber operator if you are worried or have any questions

Note: sometimes you may have an experience and it is unrelated to your Hyperbaric Therapy. You are always welcome to call or email your technician with any questions. We are here to help.

Please arrive 5-10 minutes early for your appointments so that you can change and be ready on time.

www.HerndonHyperbarics.com