

HYPERBARIC CHAMBER OXYGEN TREATMENT at SHAMBALA RELEASE FORM

I, _____, voluntarily elect to undergo hyperbaric oxygen therapy (HBOT) at Shambala on the date of _____.

I understand that HBOT is a medical treatment in which I will breathe pure oxygen within a pressurized chamber.

I acknowledge that I have been informed about the therapy's benefits and potential risks, by reading the text below and I have had the opportunity to ask questions.

By signing this form, I accept and assume any and all risks associated with undergoing HBOT at Shambala.

I agree to release Shambala, its officers, employees, and agents from any liability or claims that may result from my HBOT treatment, except for those resulting from Shambala's gross negligence or intentional misconduct.

I understand that this release does not cover all potential claims, whether known or unknown currently.

This release form is not a substitute for medical advice and is executed of my own free will.

The following text explains the risks and benefits of Hyperbaric Oxygen Treatment.

Risks / Benefits of Hyperbaric Oxygen Therapy

Hyperbaric oxygen therapy treats wounds and other medical conditions by supplying you with 100% oxygen inside a special chamber. It heals damaged tissue by helping your body grow new skin, blood vessels, and connective tissues. Side effects may include ear injuries, claustrophobia, sinus congestion, and pressure.

What is hyperbaric oxygen therapy?

For what is hyperbaric oxygen therapy used?

The U.S. Food and Drug Administration (FDA) has approved hyperbaric oxygen therapy to help treat the following:

- Air or gas bubbles in your blood vessels (air or gas embolism).
- The bends (decompression sickness).
- [Burns](#).
- [Carbon monoxide poisoning](#).
- [Gangrene](#) caused by the bacteria *Clostridium* (gas gangrene).
- [Hearing loss](#).
- Injuries that cut or break your skin (wounds).
- Loss of [vision](#).
- Radiation injuries.
- Severe [anemia](#).
- Severe bone and skin infections.
- [Skin grafts](#).
- Trauma from force or pressure on a body part (crush injury).

Are there unapproved uses of hyperbaric oxygen therapy?

Yes, there are unapproved uses of hyperbaric oxygen therapy. Medical spas or alternative medicine centers may claim that hyperbaric oxygen therapy helps treat many conditions, including the following:

- Age-related symptoms or conditions (anti-aging).
- [Autism spectrum disorder](#) (ASD).
- [Cerebral palsy](#).
- [COVID-19](#).
- [Depression](#).
- [Hair loss](#) (alopecia).
- [HIV and AIDS](#).
- [Migraine headaches](#).
- [Sports injuries](#).
- [Strokes](#).

Is hyperbaric oxygen healthy?

Yes, hyperbaric oxygen is healthy. It's pure oxygen, which helps your [immune system](#) fight bacteria and generate stem cells. Stem cells are special cells in your body that help create other types of important cells, including blood cells, brain cells and muscle cells.

Why is hyperbaric oxygen therapy used?

Hyperbaric oxygen therapy helps your body heal. To work properly, the tissues in your body must have enough oxygen. If your tissues are injured, they need even more oxygen. The increased pressure in hyperbaric oxygen therapy helps your blood carry oxygen through your body, especially injured tissues. It also helps your [white blood cells](#) protect your body from infection.

How often should you do hyperbaric oxygen therapy?

Hyperbaric oxygen therapy sessions usually last 90 minutes. You can take one session per day, many days in a row.

Is hyperbaric oxygen therapy safe for everyone?

No, **some people shouldn't receive hyperbaric oxygen therapy.** It may be dangerous to receive it if you have:

- A [collapsed lung](#) (pneumothorax).
- A lung disease that may increase your risk of getting a collapsed lung, including [chronic obstructive pulmonary disease](#) (COPD), [cystic fibrosis](#) and [emphysema](#).
- A [fever](#) or [cold](#).
- Recently injured your ear.
- Recently had ear surgery.

Procedure Details

What happens before hyperbaric oxygen therapy?

Before receiving hyperbaric oxygen therapy, please be sure to read out the WHAT NOT TO DO list.

Additionally, discuss any skin care products that you use. Pure oxygen can make certain items, including skin care products, ignite at lower temperatures.

You'll change into just wearing a sarong and remove any metal objects or electronic devices outside the hyperbaric chamber.

These items could create sparks, which could cause a fire in the high-oxygen environment. You can only bring in a small bottle of water.

Because the hyperbaric oxygen therapy sessions usually last 90 minutes, it's a good idea to use the restroom right before entering the chamber.

What happens during hyperbaric oxygen therapy?

During the procedure, you sit in a special chamber by yourself.

Once the door to the hyperbaric oxygen therapy chamber has closed, you might hear a slight hissing sound as oxygen fills the chamber and the pressure inside slowly grows.

Your ears may feel clogged ([barotrauma](#)) or start to pop, similar to flying in an airplane or traveling through mountains.

You can relieve this pressure in your ears by yawning or taking a sip of water, holding your nose and swallowing the water. You'll breathe normally throughout the therapy.

A healthcare provider will be in the room throughout the procedure to answer any questions and monitor your condition and overall health. They may have you take short breaks during the treatment to breathe normal air.

What happens after hyperbaric oxygen therapy?

Toward the end of hyperbaric oxygen therapy, the attendant will decrease the pressure inside your chamber so your body can adjust to the pressure outside of the chamber.

After your session you can change back into your clothes and leave.

You may feel sleepy after hyperbaric oxygen therapy. Do get rest and drink enough water.

What are the advantages of hyperbaric oxygen therapy?

Many people benefit from hyperbaric oxygen therapy, especially if they have chronic wounds.

Hyperbaric oxygen therapy can help your body heal by helping grow new skin, blood vessels and connective tissues. It's very safe when performed by an experienced healthcare provider.

What are the risks or complications of hyperbaric oxygen therapy?

Hyperbaric oxygen therapy poses some risks, including:

- **Claustrophobia**: Monoplace chambers are small and confined, which can trigger claustrophobia. Side effects may include [anxiety attacks](#) or [panic attacks](#).
- **Middle ear injuries**: Injuries may include an earache, tensor tympani muscle bleeding ([hemorrhage](#)), fluid in your ears (effusion) or [eardrum rupture](#).
- **Sinus congestion**: Side effects may include a [runny nose](#), a stuffy nose, mucus drainage down the back of your throat (postnasal drainage) or a [sinus headache](#).
- **Temporary nearsightedness**: In people who receive at least 20 daily treatments, between 20% and 40% lose their ability to see things at a distance for a short period. It more commonly affects those who have diabetes or are over 65. Most people have a complete return to their baseline vision.
- **Oxygen poisoning**: Though rare, oxygen poisoning (toxicity) may occur if your lungs breathe in too much extra oxygen. Side effects may include coughing and [shortness of breath](#) (dyspnea). Severe cases may result in death.
- **Seizures**: In rare cases, some people receiving hyperbaric oxygen therapy have had seizures. Side effects include convulsions, sensory disturbances and [fainting](#).

Recovery and Outlook

What is the recovery time after hyperbaric oxygen therapy?

You can return to your usual daily activities immediately following a hyperbaric oxygen therapy session.

Most people see benefits from hyperbaric oxygen therapy after several sessions. It's important to continue your full course of treatment and stay in touch with your healthcare provider. Frequent monitoring enables you and your providers to identify potential complications earlier.

Can I get hyperbaric oxygen therapy if I'm pregnant?

No, you shouldn't get hyperbaric oxygen therapy if you're pregnant. Your placenta is a temporary organ that connects a growing fetus to your uterus during pregnancy. Hyperbaric oxygen therapy can cause the muscles around the blood vessels in your placenta to narrow (constrict), which may cause low oxygen levels in the fetus's blood (fetal [hypoxia](#)).

In cases where a pregnant person has carbon monoxide poisoning, a healthcare provider may recommend hyperbaric oxygen therapy. They'll only recommend it if they believe its benefits outweigh its risks.

Hyperbaric oxygen therapy is a relatively safe treatment for many conditions, and side effects are generally temporary and mild. The process is so calm that many people spend the time doing relaxing activities or even sleeping.

Medical spas and alternative medicine centers may offer hyperbaric oxygen therapy to treat unapproved conditions.

What Should I Wear, Do - or Not Do, During the Oxygen Treatment in the HBC?

We put safety first. We will provide you with clothing to wear during your treatment.

Please let our staff know if you have any congestion, are feeling ill, have a cold, or have any other upper respiratory issues.

At the beginning of your treatment, you may feel pressure in your ears, like when you fly in a plane or drive up into the mountains. You may have to clear your ears.

DO NOT USE HPC if you have any congestion at all.

Here are some methods for clearing your ears:

- Swallow
- Yawn
- Open and close your mouth.
- Let the staff know if you feel ill or if you are congested.

Please do not wear any of the following items when you come to the center for HBO therapy:

WHAT NOT TO DO

- DO NOT GET an HBC Session IF you have CONGESTION, STUFFY NOSE, or are sick with a cold.
- DO NOT USE, IF YOU ARE PREGNANT
- DO NOT wear any makeup
- NO Wigs or hairpieces
- NO Nail polish that has been on for less than 24 hours. IF your nail polish is OLDER THAN 24 HRS it is OK. You may paint your nails at least 24 hours before an HBO treatment.
- NO Loose-fitting dentures
- NO Contact-Lenses
- NO Deodorants
- NO Skin lotions
- NO Perfume,
- NO cologne or aftershave
- NO Jewelry, including watches or earrings
- NO Hair spray or oils
- NOTHING IN YOUR MOUTH like gum, loose dentures
- NO candy during treatment.
- NO cell phone in the chamber
- NO electric equipment of any kind

WHAT TO DO

- Drink enough water to keep you hydrated, you will be in the chamber for about 90 minutes.
- Allow rest and rejuvenation after your session and drink more water to allow for detoxing.

- **Rest and Recovery:** It is crucial to allow your body ample time to rest and recover after each session. **Ensure you get at least 7-8 hours of sleep per night** and allow yourself to take short naps if needed.

Full Name: _____

Signature: _____

Date: _____

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