

## **SAFETY RULES FOR CRYOTHERAPY SESSION**

1. To make most of the session of cryotherapy you need to have exposed as much skin as possible. To feel more comfortable during the session please wear linen (pants and bra for women) made of natural fabric (e.g. cotton).
2. To protect the legs put on warm (woolen) socks or half-hose. Wearing half-hose can help to extend your stay in the cabin.
3. Do not use any cream before the session. It is strongly recommended to remove any cream you may have used on your body, especially on the legs.
4. You may leave the earrings on, but it is better to remove the watch and finery on the body. It is also strongly recommended to remove or cover with sticking plaster any piercings on the body exposed to cold air.
5. After the hoist lifts you up, put the hands on the upper edge of the cabin.
6. Remember to move (rotate) in the cabin slowly all the time during the session to feel more comfortable.
7. Though the nitrogen is not toxic (it makes 78% of the air we breathe), still it is not advisable to inhale the vapours as they may cause unpleasant dryness in the throat.
8. You can go out of the cabin any moment, the door is opened very easily. Still, unless absolutely necessary do not open the cabin's door before the session is over and gaseous nitrogen is evacuated from the cabin automatically.

### **Contraindications to whole-body cryotherapy**

- general serious condition of the patient;
- decompensation of chronic cardiovascular diseases;
- acute myocardial infarction and rehabilitation period after the infarction;
- cerebral strokes;
- stage II essential hypertension (AP > 180/100 mm of mercury)
- stage II cardiac insufficiency
- prognostically unfavorable heart rate and conduction disorders;
- fever (more than 37.5°C);
- pulmonary tuberculosis in active form;
- malignant growths;
- hemorrhagic diathesis;
- hysteric neurosis;
- individual cold intolerance;
- pregnancy
- age under 10 years

I, the undersigned, carefully read the above safety rules and contraindications. I do hereby confirm that to the best of my knowledge I do not have any health problems that are listed as counterindications.

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