



Contraindications Acknowledgement

Do you currently have or have you ever experienced any of the following? **Yes or No**

- | | Y | N | |
|-----|--------------------------|--------------------------|--|
| 1. | ☐ | ☐ | Peripheral Arterial Occlusive Disease |
| 2. | ☐ | ☐ | Ischemic Heart Disease |
| 3. | ☐ | ☐ | Decompensating Diseases (edema) of the Cardiovascular System |
| 4. | ☐ | ☐ | Unstable Angina Pectoris |
| 5. | ☐ | ☐ | Untreated Hypertensions |
| 6. | ☐ | ☐ | Heart Attack |
| 7. | ☐ | ☐ | Valvular Heart Disease |
| 8. | ☐ | ☐ | Heart Surgery Conditions |
| 9. | ☐ | ☐ | Pacemaker or Defibrillator |
| 10. | ☐ | ☐ | Respiratory System, Congestive Heart Failure, COPD, or Chronic Liver Disease |
| 11. | ☐ | ☐ | A Blood Clot |
| 12. | ☐ | ☐ | Circulatory Dysfunction |
| 13. | ☐ | ☐ | Raynaud's Disease |
| 14. | ☐ | ☐ | Bacterial Or Viral Infections Of The Skin |
| 15. | ☐ | ☐ | Wound Healing Disorders (open sores or discharging wound/skin conditions) |
| 16. | ☐ | ☐ | Vasculitis |
| 17. | ☐ | ☐ | Varicose Veins |
| 18. | ☐ | ☐ | Severe Anemia |
| 19. | ☐ | ☐ | Heavy Consumerist Disease (abnormal bleeding) |
| 20. | ☐ | ☐ | Conditions Of The Nervous System / Kidney & Liver function |
| 21. | ☐ | ☐ | Diabetes |
| 22. | ☐ | ☐ | Acute Kidney Disease or a Current Urinary Tract Infection |
| 23. | ☐ | ☐ | Seizure Disorders |
| 24. | ☐ | ☐ | Hyperhidrosis – Heavy Perspirations |
| 25. | ☐ | ☐ | Polyneuropathies |
| 26. | ☐ | ☐ | Acute Febrile Respiratory Problems (Flu like respiratory conditions) |
| 27. | ☐ | ☐ | Claustrophobic (where standing in the chamber will make you panic) |
| 28. | ☐ | ☐ | Cold Allergenic Phenomenon (known allergy to cold contractants) |
| 29. | ☐ | ☐ | Are You Nursing? If yes, you are required to wear a sports bra in the cryo machine
(no metal wire bras) |

- ☐ You must wear gloves, socks, and slippers (provided for you)
- ☐ You must wear undergarments and bra's must not have wires
- ☐ You can not have anything WET on your body such as excess sweat
- ☐ You can not wear WET socks, or undergarments
- ☐ You can not have metal, or jewelry on during session
- ☐ Do not lower your head or face into the nitrogen during the session
- ☐ Keep your chin head up, and DO NOT INHALE nitrogen
- ☐ You must rotate every 15 seconds during the session
- ☐ You must wipe off ointments or prescribed topical medicines
- ☐ Hydrate after session to flush toxins ВТ" 32 to 48 ounces