

Far-Infrared Sauna Guidelines:

Congratulations on your decision to reap the benefits of far-infrared sauna therapy at MD Custom Rx – Brookfield. Enjoy your far-infrared sauna experience – relaxation and improved health are on their way!

In order to enjoy the most from your far-infrared sauna experience, please follow these important guidelines:

- Therapeutic benefits from far-infrared therapy can be seen at 110 degrees to 160 degrees. Suggested far-infrared sauna session temperatures are between 120 – 140 degrees. At MD Custom Rx – Brookfield the temperature will be set between 130-140 degrees. If you are more comfortable at a different temperature please notify the staff prior to beginning your session.
- Each session in the far-infrared sauna will be 30 minutes in duration. The staff will set the timer for 35 minutes to allow time to pre-shower (see below).
- Drinking water before, during, and after far-infrared sauna sessions will help flush toxins out of your body and will also prevent dehydration. Please bring a water bottle with a lid (to prevent any accidental spills) to be used during your far-infrared sauna session. If you are not sweating much, then increase your water consumption.
- Showering before a sauna will open the pores of the skin and will help increase the amount of sweat that the body will produce. Using soap during your pre-session shower is crucial to clean toxins off the skin.
- Showering immediately after each sauna session is **very** important in order to rinse the toxins away and prevent them from reabsorbing back into the skin. Since the toxins have been removed and the body is clean, soap is not necessary post-session, rinsing off is sufficient.
- To help preserve the wood from stains, a folded towel will be provided for you to sit on and a folded towel will also be provided on the floor in order to absorb any sweat that may drip.
- Please bring towels to dry yourself after you shower and for use while you are using the far-infrared sauna. If you'd prefer MD Custom Rx – Brookfield will have a towel to rent for a fee of \$5.
- Wearing a bathing suit is required.
- Do not eat a heavy meal prior to any sauna session – it may be uncomfortable as the body is using energy for digestion and will not be able to produce a good sweat.
- **Never use the sauna after consuming alcohol as this may cause serious health problems.**
- **Always check with your physician regarding sauna therapy when having any health concerns.**
- **If at any time you feel faint – please get out of the sauna immediately – sit down and drink water.**
- **24 Hour Cancellation notice is required**

Cautions:

- If you have a disease, be certain to consult with a primary-care physician concerning it.
- If you are using any prescription drugs, check with your physician or pharmacist for any possible change in the drug's effect due to any interaction with infrared energy.
- **It is considered inadvisable to raise the core temperature in someone with adrenal suppression and systemic lupus erythematosus or multiple sclerosis, by some authorities.**
- If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints or in any other tissues.
- If you are pregnant or suspect you may be, discontinue your sauna use.
- **Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared rays** and thus are not heated by this system, nevertheless you should consult your surgeon prior to using Infrared Thermal System. Certainly, the usage of Infrared Thermal System must be discontinued if you experience pain near any such implants. **Silicone does absorb infrared energy.** Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of Infrared Thermal System. It is still advised that you check with your surgeon and possibly a representative from the product manufacture to be certain.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- **Hemophiliacs and anyone predisposed to hemorrhage should avoid Infrared Thermal System usage or any type of heating that would induce vasodilatation,** which can potentate the tendency to bleed.
- Should any condition worsen with use of an Infrared treatment, the use of the system should be discontinued.
- **DO NOT** attempt to self-treat any disease with this Infrared Thermal System without direct supervision of a certified physician.

I understand the above cautions and agree to follow the guidelines as listed on the opposite side.

Print Name

Date of Birth

Signature

Date

MD Custom Rx

19035 W. Capitol Dr. Ste. 105
Brookfield, WI 53045
262-373-1050