

Patient Information

Welcome to Hydrotherapy

Please do

- Bring your own towel and swimsuit
- Arrive early enough to be changed and ready to enter the pool at your appointed time
- Bring your medication for angina and asthma with you
- If you have a foot infection (e.g. verruca), you must wear swim socks in pool and shower area

Please note

- If you can not make your appointment please phone the Hydrotherapy Department to cancel immediately, as this will allow us to rebook you an appointment and offer your appointment to another patient.
- Hydrotherapy is not recommended if you have a temperature, fever or are unwell. If you feel unwell when you attend your session please inform a member of the Hydrotherapy Team.

It is important that you

- Inform a member of the Hydrotherapy Team if;
 - a. You have been unwell during the 48 hours prior to your hydrotherapy session.
 - b. You have any open wounds, skin lesions, ulcers etc.
 - c. Your medication changes.
 - d. If you need assistance dressing/undressing.
 - e. If you have seen your GP/Consultant since your last appointment.

Before you enter the pool please ensure

- You must stand under the drench shower on entry to pool hall
- You have **not** consumed alcohol for at least 3 hours prior to session
- You have disposed of chewing gum
- If you use a walking aid, for your safety, you will need to use the walking frame provided to mobilise around the pool area

PLEASE DO NOT ENTER THE POOL UNTIL INSTRUCTED TO DO SO BY A MEMBER OF THE HYDROTHERAPY TEAM.