

Patients with Diabetes:

Many patients with diabetes experience a drop in blood sugar during hyperbaric oxygen treatments. We will be checking your blood sugar before and after each treatment. Be sure to continue with your prescribed diet and medication regimen.

Smoking:



The nicotine and carbon monoxide in tobacco products inhibits the healing process, and reduces the effectiveness of hyperbaric oxygen. It is especially important not to use tobacco products while you are receiving hyperbaric oxygen therapy.

When should I call the Wound Center Staff?

- ☆ If your physician prescribes new medication or testing
- ☆ If you have general flu-like symptoms before a treatment
- ☆ If you experience any pain or discomfort after a treatment
- ☆ If you have additional questions

Patient Safety:

We must follow strict fire prevention guides in the hyperbaric chamber. These include:

- ☆ Wearing only the 100% cotton gown provided by the hyperbaric unit
- ☆ Not taking any petroleum or alcohol based products into the chamber
- ☆ Not using any cosmetics, oils, lip balm, lotions, hair care products, cologne, perfume, etc. prior to a hyperbaric treatment
- ☆ Not taking lighters, matches, any electronic equipment, battery operated equipment (watches, hearing aids) into the chamber

NOTE: You may wear your glasses during the treatment.

Visitor Policy:

Visitors are not allowed in the chamber room except at pre-designated times and only under certain conditions. Tours can be conducted and scheduled by a staff member.

This booklet is not intended as a substitute for professional medical care.

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Hyperbaric Oxygen Therapy



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Hyperbaric Oxygen (HBO) Treatments . . .

Hyperbaric Oxygen (HBO) Therapy consists of breathing 100% oxygen while in an environment of increased atmospheric pressure. This increases the amount of oxygen in the tissues. This pressure is measured in atmospheres absolute or ATA. The amount of pressure you receive during the HBO treatments is 2.0 - 2.4 ATA or the equivalent of diving to 33 - 45 feet of sea water. During the treatment you will feel pressure changes similar to riding in an airplane.

Pressure change is felt in any trapped air space in the body. The pressure in these spaces must be equalized to avoid injury. Our staff of health care professionals will review with you the expected outcomes and potential risks as we develop your treatment schedule. The number of treatments you will receive depends on your progress/healing rate.

Effects of Pressure Change

Ear Barotrauma:

You will need to equalize the pressure in your middle ears just like you would if you were riding in an airplane or driving up a mountain road. This can be done by yawning, swallowing, or a modified Valsalva maneuver. Our staff will explain these techniques to you. If you experience any pain or discomfort during your treatment, notify the staff immediately to decrease the possibility of rupture to the eardrum.

Sinuses:

Normally, the sinus passages are open. However, if you are congested, pressure in the sinuses may not equalize, causing discomfort. If necessary, we can give nasal spray or decongestant to relieve congestion.

Teeth:

Normally, patients have no problems with their teeth. However, if you have air trapped under a filling, or a tooth abscess, you may experience some discomfort.

Temperature:

At the beginning of each treatment, as the hyperbaric chamber is pressurized, it may feel warmer. This pressurization lasts approximately 10 minutes. After the treatment pressure has been reached, the temperature will decrease. At the end of the treatment, pressure is decreased and it will feel cooler. This also lasts approximately 10 minutes.

Lungs:

Many patients subconsciously hold their breath while in the chamber. It is important that you **DO NOT** hold your breath and continue to breathe and talk normally during the pressure changes; holding your breath during these times could result in the lung collapsing.

Effects of Hyperbaric Oxygen

Oxygen Toxicity:

In the field of wound treatment, Oxygen is considered a drug. As with any other drug or medication, the potential to develop side effects exists. At a high enough dosage, oxygen can cause a seizure in some patients. At the dose you will receive, oxygen seizures are extremely rare (less than 1 in 10,000 treatments), but it is important that you understand there is a small chance that this may occur.

Eyes:

Many hyperbaric patients experience a change in vision after 2-4 weeks of therapy. The oxygen causes temporary nearsightedness. The vision should return to its previous level 2-3 months after hyperbaric oxygen therapy is finished.

Lungs:

High doses of oxygen over an extended period cause damage to lung tissue. The oxygen you will receive is at a low enough dose and over a short enough duration that you should not experience any breathing problems. If you develop chest pain, burning, or have difficulty breathing, please inform the hyperbaric physician or nurse immediately.

If you experience any pain or discomfort during your treatment, please notify a member of the wound center staff immediately.
