

“The Dos and Don’ts”

Before your hyperbaric treatment:

Do:

- Shower before coming
- Clean any grease or dirt from under fingernails
- Remove all jewelry and watches
- Remove hearing aids

Don’t:

- Apply lotions, hair care products, cologne, makeup, perfume or lip balm
- Take any petroleum or alcohol products into the hyperbaric chambers
- Take any lighters, matches, jewelry, or electronic equipment (including watches and hearing aids) into the chamber



It is extremely important to quit smoking while you are receiving hyperbaric treatments. Smoking inhibits the healing process and reduces the effectiveness of the hyperbaric treatments.

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

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Hyperbaric Oxygen Therapy and Osteoradionecrosis



Center for Wound Healing and Hyperbaric Medicine

240 Williamson Street, Suite 104
Elizabeth, NJ 07207

(908) 994-5480

Fax: (908) 994-5495



What is Osteoradionecrosis (ORN)?

Osteoradionecrosis is a wound healing defect caused by high dosage radiation treatments.

ORN is created when high doses of radiation cause damage to soft tissue and bone. The radiation that is used to kill cancer cells also destroys the normal cells in the surrounding tissue. Cells that form the blood vessels are also affected. This means that tissues which have been exposed to radiation have a very poor blood supply. Any wound created in this area will be unable to heal due to this poor blood supply. The most common contributing factor for ORN is tooth extraction in damaged, radiated bone.

How will Hyperbaric Oxygen Therapy (HBOT) help me?

Hyperbaric oxygen will help your body rebuild blood vessels. This process is called angiogenesis. Angiogenesis can be stimulated through large doses of oxygen. To receive a dose large enough to produce angiogenesis, oxygen must be given under pressure. This pressure is measured in absolute atmospheres or ATA. The amount of pressure that you will receive during a hyperbaric treatment is 2.4 ATA or the equivalent of diving underneath the water to 45 feet of seawater.

How many treatments will I need?

If you have exposed bone or an open wound you can expect:

- 30 preoperative treatments at 2.4 ATA for 90 minutes
- Surgery
- 10 postoperative treatments at 2.4 ATA for 90 minutes

If you are expecting to have surgery or dental work done, you can expect:

- 20 preoperative treatments at 2.4 ATA for 90 minutes
- Surgery
- 10 postoperative treatments at 2.4 ATA for 90 minutes
- Your doctor may modify your treatment schedule at any time

Before HBO Treatment
77 yr old - Squamous cell carcinoma
patient - Post radiation treatment



After 30 HBO Treatments
(In preparation for flap surgery)



After flap surgery and
Post 10 additional HBO Treatments

