



Hyperbaric Oxygen Therapy

Hyperbaric medicine is based on the simple fact that oxygen heals. Oxygen sends a breath of fresh air to your injured tissue and speeds the healing process.

During Hyperbaric Oxygen Therapy you will be given 100% oxygen in a pressurized environment. When you combine pressure and oxygen, the amount of oxygen in the bloodstream increases.

WHAT CAN YOU EXPECT?

Before your treatment, a clinician will check your vital signs and then provide a hyperbaric department issued gown. It is important to wear the gown to make sure that flammable fabrics do not enter the chamber. In addition to flammable fabrics, here are some common items that are NOT allowed in the chamber:

- Lighters, matches, etc.
- Electronic devices
- Hard contact lenses
- Removable dentures or dental appliances
- Lotions, cosmetics, colognes, perfumes, lipstick, lip balm, etc.
- Wigs, hairspray, freshly applied perms or hair color, etc.

- Freshly applied nail polish/extensions
- Food, gum, candy, pills, etc.
- Jewelry of any kind
- Newspaper, books, magazine, paper material, etc.
- Prosthetics
- Titanium and/or magnesium glasses

HOW DOES IT FEEL?

Once you are inside the chamber, the tech will close the chamber door and begin the process of compression. This is often referred to as a "dive". You will hear a low level of constant noise during your treatment. You are hearing the compression and decompression of the air inside the chamber.

You will also experience temperature changes. The air will become warm in the beginning of the treatment during compression. It will become cool at the end of the treatment during decompression. You will be provided with HBOT

safe blankets to help keep you comfortable while inside the chamber.

HBOT SAFETY

HBOT is completely safe when operated by trained hyperbaric technicians. The wound clinic staff will go over all safety procedures with you before you enter the chamber. Here are some general guidelines that you should follow:

- Breathe normally throughout the entire treatment
- Refrain from smoking
- Keep all flammable objects outside of the hyperbaric chamber room
- Do not consume alcohol prior to treatment

There are some common side effects that some people feel inside the chamber. The following feelings are completely normal but should be discussed with your healthcare team:

- **Claustrophobia**

If you have a history of claustrophobia, be sure and tell your doctor prior to treatment. Your doctor may order anxiety medication to help you remain calm.

- **Hypoglycemia in diabetic patients**

During HBOT, blood glucose levels can drop in some diabetic patients. To prevent this from happening, please eat prior to treatment. If you have diabetes, your blood glucose will be checked before and after treatment.

- **Barotrauma**

If you feel pressure building in your ears during treatment, use one of the following methods to relieve it:

- Take a deep breath, then close your mouth and pinch your nose. Keeping your mouth closed, try to blow the air out as if blowing up a balloon.
- Yawn
- Swallow
- Take a nasal decongestant (if ordered by your hyperbaric doctor)

The staff at the wound center is trained to use hyperbaric medicine safely. The chambers may look a bit intimidating, but know you are in safe hands. They will work with you closely to be sure you receive the therapy you need to expedite healing while keeping you safe at all times. If you have any concerns or questions, be sure to speak with your hyperbaric technician or doctor.