

Hyperbaric Oxygen Therapy

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During hyperbaric oxygen therapy, you breathe in pure oxygen while you lie in a special chamber.

Extra oxygen enters your bloodstream and is absorbed by your tissues.

This helps your body heal and fight bacteria (germs).

Hyperbaric oxygen therapy is used to treat many medical conditions. (See a partial list on page 3.)

During each treatment you can lie on your back or side. You will be able to watch TV or movies, or sleep.

You will be able to see the chamber before your first treatment.

How Treatment Works

The hyperbaric chamber is pressurized. Breathing oxygen that is under pressure gives your blood vessels 10 to 15 times more oxygen than normal.

The chamber is see-through (transparent). You will be able to see and talk to the technician.

How Long Each Treatment Lasts

- Each treatment lasts about 2 hours.
- The number of treatments you need depends on why are having therapy.
- Therapy can range from 10 to 60 treatments.



Hyperbaric oxygen therapy delivers pure oxygen to help your body heal.

Your Appointment

Call 612-863-3110 if you need to cancel or reschedule.

How Treatment Feels

- The may feel the temperature in the chamber rise when it is pressurized.
- You will hear the oxygen coming into the chamber. It may sound like hissing or a waterfall.
- You will feel a fullness in your ears during the pressure change. (This is similar to flying in an airplane.)

(over)

- The increased blood flow to your wound may cause pain but it is a sign of the healing process.

What You Need to Know or Do Before Starting Treatment

- Do not smoke during the course of your treatment. Smoking reduces the amount of oxygen your blood can carry and the treatment won't work as well as it should.
 - Talk with your doctor if you need help quitting.
 - Go to allinahealth.org/quit to learn more about resources for quitting.
- Tell your doctor if you drink alcohol. Drinking alcohol during your treatment course could trigger a seizure.
- You will be asked to sign a consent form. Your doctor will talk with you and explain the risks and benefits of the treatment.

How to Prepare for Each Treatment

Clothing

You will wear a hospital gown. **Do not wear:**

- makeup
- wig, toupee

- nail polish that has been on less than 24 hours
- contact lenses
- deodorants
- skin lotion
- body oils
- perfume or cologne
- aftershave
- hairspray or other hair products
- jewelry (including watches and earrings).

Food and drink

- Eat a light meal or snack before your treatment.
- Within 1 hour before your treatment, **do not drink:**
 - any carbonated beverages (such as a soda or energy drinks)
 - any beverage with caffeine (such as soda, tea or coffee).

These could cause stomach pain during treatment.

- Do not have anything in your mouth when you go to the hospital. This includes gum, hard candy or loose-fitting dentures.



A member of your health care team will stay with you in the room during treatment.

At the hospital

- If you have diabetes, tell the technician. Your blood glucose will be checked before and after treatment.
 - If your treatment is first thing in the morning, you *may* be asked not to take your diabetes medicines. Your blood glucose needs to be more than 150 mg/dL for treatment.
- Any member of your care circle that comes with you can wait in the waiting room. For safety reasons, they can't be with you in the treatment room.

What not to bring

For your safety during therapy, these items are not allowed in the chamber:

- any electronic device such as a phone, laptop, e-reader or tablet
- books or magazines.

There is a TV and a selection of movies you can watch while you are in the chamber.

When To Call Your Doctor

Call your doctor if you have:

- new pain
- pain that gets worse
- questions or concerns.

What Hyperbaric Oxygen Can Treat

Hyperbaric oxygen therapy helps treat such conditions as:

- foot wounds caused by diabetes
- acute peripheral arterial insufficiency
- soft tissue radiation injury
- osteoradionecrosis
- chronic refractory osteomyelitis
- skin grafts and flaps
- necrotizing infections
- sudden hearing loss.

What to Tell Your Technician During Treatment

You can talk with the technician in the room at any time. Say something if you:

- need to pressurize your eardrums
- feel ear discomfort
- feel like you might throw up
- have tingling in your face
- see double.

Do not wait until you have pain to say something.



Benefits and Risks

Your doctor will talk with you about the risks before you sign the consent form.

Benefits	<ul style="list-style-type: none">■ The pressurized oxygen helps your body tissues heal faster and helps fight off bacteria (germs).
Risks (Common)	<ul style="list-style-type: none">■ Middle ear injuries can be caused by the increased air pressure.■ You could notice nearsightedness caused by temporary eye lens changes.<ul style="list-style-type: none">— This can happen after about 15 treatments.— Do not change your eyeglass prescription since vision changes are temporary.— Your vision will return to normal 2 to 3 months after stopping treatments.
Risks (Rare)	<ul style="list-style-type: none">■ Air pressure changes could cause a lung collapse or eardrum rupture.■ Seizures can happen as a result of too much oxygen in your central nervous system.■ Fire.<ul style="list-style-type: none">— Your health care team follows all hospital safety measures.— For your safety, you are limited to what can go inside of the chamber.