



### How long do treatments last?

Hyperbaric Oxygen treatments typically last 90 to 120 minutes and are administered usually once each day, five days a week.

### How should I prepare?

Your physician and Hyperbaric Oxygen team will give you specific instruction about how to prepare for treatment. Some important things to remember include:

- No smoking: Use of tobacco products limits the delivery of blood and oxygen to your body tissues.
- List all medications: It is very important to give your physician and medical team a complete list of any prescription or over-the-counter drugs you may be taking. Some medications can change your body's response to Oxygen Therapy.
- Alert your physician or medical team if you are not feeling well: Cold and flu symptoms such as fever, cough, sore throat, vomiting, headache, diarrhea or general body aches may require a temporary delay in your treatment schedule.

Patients referred to McLaren's Specialty Center for wound care management benefit from an interdisciplinary approach.

- Physicians with advanced training in wound management and Hyperbaric Oxygen Therapy
- Nursing staff trained in the care of chronic wounds and Hyperbaric Oxygen Therapy
- Technical staff to support the assessment and treatment plan

### Any questions?

For more information regarding Hyperbaric Oxygen Therapy or your specific treatment plan, ask your doctor and/or hyperbaric medical team.



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# Hyperbaric Oxygen Therapy

*Patient Guide*





## What is Hyperbaric Oxygen Therapy (HBO)?

Hyperbaric Oxygen Therapy (HBO) is a medical treatment that uses pressurized oxygen to aid in healing wounds and treating other specific illnesses. The treatment is administered by placing a patient in a comfortable pressure chamber that circulates 100% oxygen at two to three times atmospheric pressure.

### Why has my doctor referred me for hyperbaric oxygen therapy?

Hyperbaric Oxygen Therapy increases the amount of oxygen in your blood that is circulated to body tissues. Oxygen-enriched blood can offer distinct benefits and be used to treat a variety of illnesses. The most common benefits of Hyperbaric Oxygen Therapy include:

- Wound healing
- Preservation of damaged tissues
- Infection control
- Increased blood vessel formation

Ask your physician to explain more about the specific benefits you can gain from Hyperbaric Oxygen Therapy.

### Who is responsible for my care?

Hyperbaric Oxygen Therapy is available through a referral from your physician. Your physician will be responsible for your general medical management and will work closely with the Hyperbaric Oxygen Therapy team of specialists. The hyperbaric medical team includes a physician specialist, nurses and technicians who have specific training in the administration of Hyperbaric Oxygen Therapy.

### What should I expect when being treated?

During therapy you will relax in a see-through atmosphere-controlled chamber. The internal dimensions of the chamber allow freedom of movement. You may listen to music, watch TV, take a nap or converse with the staff during therapy. Relaxation techniques may also be available.

### Is "high pressure" oxygen therapy safe?

You will be closely monitored by a hyperbaric medicine team who will also work with your physician to assure your Hyperbaric Oxygen Therapy is safe and effective. Hyperbaric Oxygen Therapy usually has limited or no after-or-side effects. Your hyperbaric medical team physician will discuss possible side effects with you directly.

### Is HBO painful?

Hyperbaric Oxygen Therapy is not painful. During certain parts of the treatment you may feel a plugging in your ears from the pressurization, similar to when you are flying in an airplane or diving to the bottom of a swimming pool.

### How many treatments will I need?

The number of treatments administered depends on your specific condition. Your hyperbaric oxygen team of specialists will discuss your treatment course before you begin therapy. Some conditions may require as many as 20 to 40 treatments. The treatment course depends on your body's response to Hyperbaric Oxygen Therapy.

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