

Describe my treatment experience.

The treatment occurs while you lie comfortably inside the chamber. The chamber is spacious, and you may feel almost like you are lying in your own bed. You can nap, watch television, watch a video or listen to music while you undergo the therapy.

The treatment is painless, although at times you may experience a sensation of “fullness” in your ears, similar to what you may have experienced while driving in the mountains or flying. The “fullness” feeling occurs as your eardrums respond to the change in pressure. Before your treatment begins, the hyperbaric staff will teach you how to relieve this pressure and avoid the ear discomfort. Your hyperbaric nurse will remain with you during your treatment. The nurse will adjust the rate of compression according to your tolerance level and will coach you on how to relieve any discomfort.

During the compression period, you may notice an increase in the chamber temperature. This phase of the treatment usually lasts 10 to 15 minutes, depending upon how effective you are in clearing your ears.

Once the chamber reaches the prescribed pressure level, you will no longer feel the “fullness” in your ears. You may nap, watch television or listen to music during the remainder of the treatment, which will last an hour and a half to two hours.

Near the end of your treatment, the pressure will gradually decrease to normal over a 10 to 15 minute period. You may feel a “popping” sensation in your ears during decompression. This is normal, so there is no need to be concerned.

Wound Care Center Map



Bayfront Wound Care and Hyperbaric Center

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BAYFRONT WOUND CARE & HYPERBARIC CENTER

A Patient Guide to Hyperbaric Therapy



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What is Hyperbaric Oxygen Therapy?

Hyperbaric oxygen therapy is a medical treatment performed with high-pressure amounts of oxygen, which aids in the process of healing diseased or damaged tissues. The treatment happens while you lie comfortably in a specially designed pressurized chamber in which you will breathe 100% oxygen, a significant increase over the 21% you normally breathe. The benefit of hyperbaric oxygen therapy results from an oxygen-enriched bloodstream, not from the direct contact of oxygen with the wound.

Based on your needs, hyperbaric oxygen therapy can provide you with one or more of these benefits:

- Advanced wound healing
- Increased oxygen delivery to injured tissue
- Preservation of damaged tissue
- Greater blood vessel formation
- Improved infection control
- Elimination and reduced effects of toxic substances
- Reduction or elimination of gas bubble obstructions

Will I have any side effects?

Generally, you will not experience any side effects from undergoing hyperbaric oxygen therapy. Some patients report a “crackling” sensation in their ears between treatments. This can be relieved the same way you clear your ears during the treatment. If the crackling continues, report this to a hyperbaric staff member.

Some patients report feeling lightheaded for a few minutes after treatment. This is a brief occurrence, and

patients are soon able to continue their daily activities. In rare instances, some patients develop temporary changes in their vision. Studies show that vision returns to pretreatment levels within six to eight weeks after treatment ends.

As with all medical treatments, hyperbaric oxygen therapy presents some risks. These are rare, and they will be discussed with you before you consent to therapy.

How many treatments will I need?

The treatment plan is tailored to each patient, and the number of treatments will be based on your individual needs. Some emergency cases require only a few treatments, while other wound-healing situations may require 20-40 treatments and the healing effect is gradual. The hyperbaric team will review your case with you.

In general, hyperbaric treatment is administered once a day, five or six days a week. Treatments are most effective if done consecutively. Therefore, patient commitment is vital to the healing process.

How do I prepare for Hyperbaric Oxygen Therapy?

Specific preparations will be reviewed with you in detail by your hyperbaric medicine team. Some of the preparations include:

- No smoking: Tobacco products constrict blood vessels and limit blood and oxygen delivery to these tissues, so patients who smoke are required to stop smoking during their course of treatment.
- Review medications: Some medications are not compatible with hyperbaric oxygen therapy. Each drug you are taking will be reviewed for its effect on the therapy; your physician will be

consulted if changes are necessary.

- Tell the staff if you are sick: It is important that you notify the nursing or hyperbaric staff if you have symptoms of a cold, flu, cough, sore throat, nausea, vomiting, headaches, diarrhea or generalized body aches. These symptoms may require a temporary delay in your treatment. When your symptoms resolve, you can resume treatment.
- Do not bring personal items: We will provide 100% cotton clothing for you to wear during your treatment. Personal items are not permitted within the hyperbaric chamber. These items include:
 - cigarettes, matches or lighters
 - jewelry and all other metal objects
 - hair spray or make-up
 - perfume, deodorant or shaving lotion
 - oils, grease or lotions (hair or skin care products)
 - books, magazines or other paper products
- Remove dentures and hearing aides: Dentures, partial plates and hearing aids are not permitted in the hyperbaric chamber because they could be damaged by the treatment or affect the result. You may also be asked to remove your contact lenses or glasses. Please do not bring valuable items to the hyperbaric clinic.

Who can I talk to if I still have questions?

Please talk to your doctor or your hyperbaric medicine team if you have any other questions or concerns. We want your treatment to be as comfortable and effective as possible.