



## Hyperbaric Oxygen Therapy Patient Education Document

Start Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

*This is to certify that the patient has been instructed in the following areas with regard to Hyperbaric Oxygen Therapy:*

### **I. Hyperbaric Oxygen Therapy (HBOT)**

- A. Definition: High dose, 90-100% oxygen breathing while exposed to increased atmospheric pressures.
  - 1. Hyperbaric chamber - where pressure is created.
  - 2. Increased air pressures surround the patient, the patient will feel pressure in their ears and need to clear it
  - 3. Similarities to flying in an airplane and scuba diving as pressure simulates these environments.
- B. Purpose: To enhance the oxygen levels in affected tissue so that the normal healing mechanisms can take place. This helps to reduce inflammation, improve cellular energy, improve immune response, improve healing response and increase stem cell release.
- C. Staff: The staff members are part of a team, specifically trained to provide this type of therapy to patients. The physician directs all aspects of the patient's hyperbaric care. The physician will also maintain an open line of communication with the patient's referring physician(s). The staff will assist and attend to any of the patient's needs with regard to hyperbaric oxygen treatment.

### **II. What to Expect**

- A. Preparation:
  - 1. Dress comfortably, 100% cotton is recommended.
  - 2. Dress in layers as sometimes the chamber may be warm and other times cool the temperature depends on many factors
- B. Descent or Pressurization:
  - 1. This is the part of the treatment when pressure is applied to the hyperbaric chamber.
  - 2. There will be a technician at the chamber during descent.
  - 3. During this time, you must clear your ears.
  - 4. The pressure is not felt on the body.
- C. At Depth:
  - 1. You should just lay, relax and breathe normally.
  - 2. For extended treatments, you may be asked to take an air break removing the mask to breathe regular air.
  - 3. There will always be a technician in the chamber room during the treatment.
- D. Ascent or Depressurization:
  - 1. During this part of the treatment, pressure is removed from the hyperbaric chamber.
  - 2. There will be a technician at the chamber during ascent.
  - 3. You should rest comfortably and breathe normally during ascent; clearing of the ears is not necessary.

### **III. Equalizing the Ears**

- A. Although the pressure changes in the chamber are not felt on the body, they are felt in the ears. As the pressure increases, the eardrum will try to bow inwards. To avoid this, it is important to learn how to equalize the middle ear.
  - 1. Hold your nose and swallow
  - 2. Another way to equalize is by yawning or swallowing.
  - 3. You can also try opening your mouth and moving your jaw from side-to-side.
  - 4. You should not have any pain in your ears, if you begin to have discomfort please let the technician know as they can control the dive and pause the pressure until you equalize.



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- B. Pressure Equalizing Tubes: On the rare occasion you are completely not be able to clear your ears, you may need small ventilating tubes inserted in each eardrum by an ear, nose, and throat specialist. These tubes will remain in your ears the entire time you are being treated at the hyperbaric facility.

### IV. Safety

- A. The chamber is very safe. We utilize high-quality monoplace chambers for individualized treatment. We uphold the highest training, safety, maintenance, and service protocols available. In addition, treatments are performed by highly-trained technician with a physician always available.
- B. You play an active role in your own safety while in the chamber. Safety is assured by your wearing 100% cotton clothing and not bringing any unsafe items in the chamber.
- C. The following is a list of materials or items which are **NOT** allowed in the chamber:
- |   |                                |
|---|--------------------------------|
| 1. synthetic materials (nylon, polyester, etc.) | 8. watches and other jewelry   |
| 2. oil-based and alcohol-based make-up          | 9. perfume and cologne         |
| 3. Vaseline-based products                      | 10. gum and candy              |
| 4. skin lotions                                 | 11. hair spray                 |
| 5. oil-based products                           | 12. mustache wax               |
| 6. smoking materials                            | 13. wigs and other hair pieces |
| 7. glycerin-based products                      | 14. Newspaper                  |

### V. Effects of Smoking on Healing

- A. Smoking and exposure to secondhand smoke are not recommended during the weeks you are treated.
1. The nicotine in the cigarettes causes small blood vessels to constrict, making the blood flow to the tissues less.
  2. Smoke and tar decrease lung function, so less oxygen is absorbed by the lungs and transferred into the blood.
- B. If you do smoke, it is strongly recommended that you not smoke 2 hours before and 2 hours after hyperbaric oxygen therapy so that maximum benefits are achieved.

### VI. Alcohol Consumption during Treatment

The ingestion of alcohol, particularly in large amounts, is inadvisable before treatment since this may lower your threshold for oxygen toxicity. Also, consuming alcohol immediately after a treatment will greatly interfere with the healing process.

### VII. Report Cold or Flu-like Symptoms

Let the physician or the hyperbaric staff know before your treatment and a decision will be made whether the patient should be treated or not. Sometimes it is best to sit out for a day or two so that viral symptoms are not worsened.

### VIII. Diabetic Patients

It is important to monitor blood sugars and to report any symptoms of low blood sugar immediately. Do not hesitate to let us know if you are having trouble managing your diabetes and we will assist you where we can.

### IX. Family Members and Visitors

- A. Family members and visitors are welcome to tour the facility and ask questions at appropriate times.
- B. For the safety and privacy of all patients, family members and visitors are asked to use the front waiting room while treatments are taking place, unless otherwise directed by the technician. This is strictly enforced.

### X. Consistency and Commitment

To achieve optimal outcome, it is important to maintain consistency and commitment with the hyperbaric oxygen therapy protocol as ordered by the hyperbaric physician. Any noncompliance on the patient's part will be handled through the Financial Policy and could lead to rescheduling or cancellation.

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Instructor

\_\_\_\_\_  
Date