

Hyperbaric Oxygen Therapy (HBOT)

The HBOT chamber is a soft-sided chamber that sits on the floor. The maximum pressure of this unit is 1.4 atmospheres or approximately 4 pounds above ambient pressure. This is considered a “mild” pressure and is equivalent to diving to 9 feet of depth in the ocean.



The chamber has a window on each end as well as one on the top of the chamber at the head end thus ensuring the chamber is well illuminated with room light. Two full length zippers run along the top, one on the inside and one on the outside of the chamber. There is an internal frame that keeps the depressurized chamber from fully collapsing.

The chamber will be held open for you as you step inside and lie down. Once you are settled in, we will zip it closed.



Once zipped into the chamber, it may feel a little tight for the first 2-3 minutes until the chamber fully expands. After that, it will feel roomy for the average sized person. (The person in the photo to the left is 5' 9" tall.)

Compressed air enters the chamber at the head end. You will see what looks like a small filter over your head. This is a sound muffler for the entering air.

During the first few minutes while the chamber is coming up to pressure, the temperature will rise 3-5 degrees and you may start to feel warm. Don't worry, this won't last long. Also during this time, your ears are likely to become plugged, similar to when you fly in a commercial airplane. Simply pinch your nose shut and gently try to blow out your nose until your ears pop. Opening your mouth wide or yawning will also help to pop your ears. Once the chamber is pressurized, you will not have any further problems.

As the chamber pressurizes, you may hear and feel grunts and groans as the chamber expands. This is normal and is not anything to be concerned about.

When the chamber reaches pressure, you will start to hear the sound of leaking air and the chamber will cool slightly. This too is normal and means fresh air is now flowing through the chamber. Relax, breathe normally, find a comfortable position, and enjoy the treatment. Many people fall asleep during the treatment.

We will check on you periodically while you are in the chamber. You will also have a walkie-talkie which you can use to contact us at any time.

At the end of your treatment, we will slowly depressurize the chamber. During this time the temperature will drop several degrees and you may want to use the blanket that is provided. Also, your ears are likely to become plugged again. The same technique you used to pop your ears when the chamber was being pressurized will work here.

Once depressurized, we will unzip the chamber and assist in helping you out.

If at any time you feel the need to leave the chamber before the end of your session, please alert us via voice or the walkie-talkie. We will also show you how to safely deflate the chamber from the inside. Know that it will take a couple of minutes to do so. **AT NO TIME SHOULD YOU UNZIP THE CHAMBER WHILE PRESSURIZED. UNZIPPING THE CHAMBER WHILE PRESSURIZED WILL CAUSE A RAPID DEPRESSURIZATION AND WILL LIKELY DAMAGE THE CHAMBER.**

You will receive additional instruction on the use of the chamber on the day of your appointment.

Preparing for Your Treatment

Contraindications

The following are contraindications for HBOT treatment:

- Severe claustrophobia or a fear of enclosed spaces.
- If you experience severe ear pain upon changes in pressure, such as when flying.
- If you have an untreated pneumothorax.
- If you are taking any of the following medications: Bleomycin, Cisplatin, Disulfiram, Doxorubicin, Sulfamylon.
- If you have a cold, the flu, or an upper respiratory infection.
- If you are pregnant.
- If you have congenital spherocytosis.

Please let us know if you have any of the following conditions:

- Asthma
- Claustrophobia
- COPD
- Eustachian tube dysfunction
- Seizures

Beverage Consumption

You will be zipped into the chamber for one hour. We suggest you refrain from consuming beverages starting 2 hours before your treatment to reduce the risk of needing to urinate while



you are undergoing the treatment. Of course, using the restroom immediately prior to your treatment is highly recommended.

Clothing

Street clothing is not allowed in the chamber. Jewelry and any sharp objects that could damage the chamber are also not allowed. Please bring with you cotton shorts or sweats, a cotton t-shirt, and cotton socks to wear in the chamber. Loose, comfortable clothing will make for a more pleasant dive. Ladies are encouraged to remove their bras. A blanket will be available in the chamber should you feel chilly.

Smokers

In order to keep the chamber free of odors and toxins, we ask all smokers to shower at home prior to their treatment, wear clean clothing, and not smoke between the shower and the treatment. Anyone smelling of tobacco products, even second and third hand tobacco, will not be allowed in the chamber.

Personal Care Products

Please refrain from using any scented personal care products on the day of your treatment. Many personal care products including lotions, deodorants, makeup and especially perfumes contain toxic chemicals to which many patients are sensitive. We do not allow these inside the chamber and your treatment will be cancelled if we detect any.

We set out these rules for everyone's comfort and safety and appreciate your understanding and cooperation.

We look forward to seeing you!