



PATIENT INFORMATION

Elective Hyperbaric Oxygen Therapy (HBOT)

What is Hyperbaric Oxygen Therapy?

During Hyperbaric Oxygen Therapy (HBOT) you will lie down in a specially designed hyperbaric chamber and breathe 100% oxygen while the pressure inside the chamber is gradually increased. The increased oxygen and air pressure promotes healing of damaged tissues.

What conditions are usually treated with HBOT?

The most common conditions treated with elective HBOT are complex wounds both internal (i.e. due to radiation therapy) and external (diabetic ulcers).

Referral and Assessment Process

- Once a referral for HBOT is received from your doctor, an appointment will be set up for you to have an assessment done by the HBOT team. This assessment will help to determine if you are likely to benefit from HBOT.
- The assessment includes:
 - An evaluation of your overall health.
 - A review of your medications – please bring a complete list of medications you are taking including those prescribed by a physician, supplements and over the counter medications.
 - An assessment of your specific condition for which you will be receiving HBOT
 - If you have been referred for HBOT for wound healing, other tests may be performed on the wound to determine if it is likely to respond to HBOT. Photographs of the wound may also be taken as a way to determine if the wound is responding to HBOT overtime.
- If you are a candidate for HBOT, you will also have an electrocardiogram (EKG), chest x-ray, pulmonary function test and bloodwork.



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Your treatment schedule

- Most patients will have 1 treatment per day, 5 days per week for a total of 20-40 treatment sessions. The exact number will vary depending on your condition and how well you respond to treatment.
- You should allow for approximately **2 hours** for each treatment session.

What can I expect during HBOT?

Before your treatment

Registration

- Prior to your first treatment, please register at main registration (main floor, HSC). On all following visits you can go directly to the HBO department.

Arrival time

- Please arrive 20 minutes prior to each treatment time. This time is necessary for the HBO staff to complete a brief assessment, administer any medications required for your treatment and allows for time to discuss any issues arising from your last treatment.

Preparation

- **On the day of your treatment please do not wear or use:**
 - ✓ any make-up, eye liner, lipstick
 - ✓ hairspray, hair gels or mousse
 - ✓ body oils or lotions
 - ✓ jewelry, watches, rings, earrings, body piercings
 - ✓ perfume
 - ✓ nylon stockings
- Please wear 100% cotton underclothes. All other clothes for the treatment will be supplied by the HBOT department
- **Do not smoke** for at least 2 hours prior to your treatment.
- The timing of some of your medications may need to be changed. The HBOT staff will let you know if you need to take your medications at a different time.
- Please avoid caffeinated and carbonated beverages prior to your treatment.



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During your treatment

- You will have to lie down in the hyperbaric chamber for approximately 90 minutes.
- The chamber is equipped with TV/ DVD, for your entertainment and comfort during your treatment. You must supply your own DVD'S.
- Electronic devices, walkmans, ipods, books, cameras, cigarette lighters, car keys and hearing aids are **not** permitted inside the chamber.
- Visitors are not permitted in the HBO department. However, we will show family and friends where they may wait while you have your treatment.
- At least 1 HBOT staff member will remain with you for your entire treatment. The chamber is see through so you will be able to see and communicate with hyperbaric staff throughout your treatment.
- At the start of the treatment you may feel a slight increase in temperature as well as a feeling of fullness in your ears, much like in an airplane. HBO staff will provide you with instructions on how to clear your ears. Please report any pain during the treatment **immediately** to HBO staff.
- In order to prevent the tissues in your body from taking in too much oxygen, you will be given an air break during your treatment. During the air break, you will hold a mask on your face which will give you breathing air for a period of approximately 5 minutes. Your mask will be labeled and only used by you for your treatments.
- Once your treatment is completed, the chamber will be depressurized. During depressurization (ascent) the air will feel a little cool. You may feel a popping sensation in your ears (like Rice Krispies). It is very important to remember **TO NEVER HOLD YOUR BREATH.**

Following your treatment

- An HBOT staff member will complete a brief assessment following your treatment.
- **Please do not smoke** for 2 hours following your treatment.



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Is there anything else I can do to maximize the effectiveness of HBOT?

Smoking Cessation

- If you smoke, please try to stop. Smoking affects your lungs ability to use oxygen needed for wound healing. As well, nicotine causes the blood vessels to become smaller, making it difficult for blood to flow to the area that needs to heal.
- If you are interested in quitting, please speak to one of the HBO staff or contact Smoker's Helpline:
 - Phone: 1-877-513-5333
 - Website: www.smokershelpline.ca

Nutrition

- Good nutrition can help wounds to heal. You should follow Canada's Food Guide. Foods you should avoid include coffee, chocolate and carbonated drinks with caffeine (these act similar to nicotine).

Wound protection

- If you are receiving HBOT for treatment of an external wound, following your treatments the tissue growth that has been stimulated will continue for some time. This tissue is very **fragile**. Please protect it for several months.

Can I continue to receive HBOT if I am sick?

If you become ill on the day of your treatment, even if it is just a mild cold, please notify us as soon as possible. Your treatment may need to be deferred until you are feeling better.

Contact Us

If you have any further questions about HBOT or if you need to re-schedule your appointment please call us at:

777-7087

Located on the 1st floor HSC