

What Is Hyperbaric Oxygen Therapy?

Hyperbaric oxygen therapy (HBOT) is a treatment that increases the amount of oxygen blood cells can carry. It has been used for more than 70 years to improve healing in tissues deprived of oxygen. Studies show it significantly improves healing for some types of chronic wounds.

How Does HBOT Work?

- Patients lay inside a clear-sided chamber filled with 100% oxygen that is pressurized to greater than sea-level pressure.
- The pressure is not uncomfortable or even noticeable for most people after they get used to the feeling.
- Blood-oxygen levels can increase by nearly three times. Increased oxygen levels help tissue growth.

How Do I Know If HBOT Is Right For Me?

Ask your doctor to evaluate your wound and consider any coexisting medical conditions affecting your ability to heal. You can also call a Wound Care Center® directly to request an appointment.



Creedon Advanced Wound Care

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HYPERBARIC OXYGEN THERAPY

ADVANCED CARE TO HELP YOUR WOUND HEAL FASTER



What To Know If Your Doctor Recommends HBOT

Is HBOT Covered By Insurance?

Medicare has approved coverage for HBOT for several types of chronic wounds and other medical conditions. Many private insurance companies follow Medicare rules. We can help you review your plan's coverage.

How Many Treatments Will I Need?

Your individual plan of care will be based on your wound type, health conditions and healing progress. Most patients receive between 30 and 40 treatments.

How Long Does Each Treatment Last?

Most treatments last between 90 and 120 minutes. People receiving HBOT treatment are typically scheduled every day, Monday – Friday, for five to six weeks. Your doctor will tell you if you need more than one treatment a day.

What Will I Do During Treatment?

You can take a nap or watch a movie or TV show. When you are in the clear chamber, you can see out in all directions. If you are anxious, the doctor can prescribe medicine to help you relax.

How To Prepare For HBOT Treatment

What Should I Wear To The Wound Care Center®?

For your safety, we will provide clothing to wear while you are in the HBOT chamber.

Please **DO NOT** wear any of the following:

- Makeup
- Wigs or hair pieces
- Deodorants
- Contact lenses
- Skin lotions
- Hairsprays or oils
- Nail polish
polish must be on greater than 10 hours
- Perfume, cologne or aftershave
- Jewelry
including watches and earrings

Additionally, you cannot have anything in your mouth during treatment such as gum, loose-fitting dentures or candy.

What Should I Expect When I Arrive For Treatment?

You will change into a plain cotton gown. Your HBOT technician will take your vital signs, listen to your lungs and examine the inside of your ears. If you have diabetes, your blood sugar will be checked. Please let the staff know if you are in any pain or feel sick or congested.

What Should I Tell My Doctor And HBOT Technician?

Be sure to tell your doctor and HBOT technician about the following medical conditions:

Battery-operated medical devices

If you have an internal battery-operated medical device such as a pacemaker or pain pump, the staff will check to make sure your device can be used in the chamber.

If you have an external battery-operated medical device, it cannot go into the chamber. Your HBOT physician will contact your doctor for instructions on how to deal with this device.

Diabetes

Your doctor will discuss blood sugar control with you. The HBOT technician will check your blood sugar before and after treatment. Take your medicine as prescribed. Eat before HBOT.

Chemotherapy

Tell your wound care physician if you are currently being treated with chemotherapy or have previously received treatment.

What Happens If I Miss An Appointment?

Call to reschedule right away because your chances of healing improve if you keep every appointment.