



HYPERBARIC OXYGEN (HBOT) FREQUENTLY ASKED QUESTIONS (FAQ)

1. How many sessions should I have?
 - We offer four options: a single session, a 5-session package, a 10-session package, and a 20-session package. As more sessions are purchased up-front, the price per session is discounted.
 - If a physician has referred you for HBOT, we will follow their recommendation.
 - If you are seeking HBOT without a physician referral, our technician can discuss this with you.
 - In general, more sessions are more therapeutic – typical therapy packages are at least 20 sessions and often 40.
 - Be aware! Packages are non-refundable and non-transferrable.
 - If you are not sure whether you wish to commit to a longer package, we encourage you to start with a smaller one.
2. What should I wear? (Also... what should you NOT wear)
 - We clean and sanitize our chamber thoroughly between all clients.
 - To help us keep a safe, non-toxic, non-allergen environment, we ask that you please:
 - Arrive at our chamber clean (recently showered) with no scented or toxic products.
 - Please do not wear clothing that has been treated with fabric softeners or scented dryer sheets.
 - We will ask you to remove any sharp objects, lighters, keys, firearms etc. (and store these for you)
 - Food is prohibited in the chamber; please bring a clean water bottle with you; we will provide filtered water in the office.
 - Soft contacts may be worn; it is recommended that “hard” or gas-permeable lenses be removed. It is ok to wear your glasses.
3. Is it hot (or cold) in the chamber?
 - The air warms as the chamber pressurizes, and it will cool as it depressurizes.
 - Ventilation keeps the air moving while the session is in progress.
 - Your technician will help you determine how to keep you comfortable; we have blankets, fans, and cooling pads available for your use.
4. Will I be breathing supplemental oxygen?
 - For everyone’s first time in the HBOT chamber, no supplemental oxygen will be used.
 - After this, supplemental oxygen may be prescribed and administered by your technician.
5. If I am feeling sick, should I cancel?
 - In general, yes, you should cancel.
 - Most acute illnesses will make HBOT therapy at best very uncomfortable, and more likely force a session to end early.
 - If you are not sure, please call and discuss it with our technician.
 - If you cancel within 24 hours due to sudden illness, we will reschedule your session with you at no penalty.
6. What is your cancellation policy?
 - If you need to cancel an appointment, please give as much notice as possible.
 - If you cancel within 24 hours of an appointment, in general, or you do not show up, you will forfeit that session (see exception in FAQ #5).
7. What else should I know or plan for?
 - Treatment time is typically 75 minutes including pressurization and depressurization.
 - Please use the restroom before your treatment starts!
 - Please be aware that once you have entered the chamber and it starts to pressurize, to leave the chamber it will need to be depressurized, which will effectively end your session.
 - Once the chamber starts to pressurize, you will not be able to leave until the session is complete.
 - You will have a walkie-talkie to communicate with the technician while you are in the chamber.

- The chamber has a small window so you can see outside of it.
- You will be sitting in a comfortable chair.

8. Is HBOT safe?

- HBOT is a very simple, non-invasive, and safe procedure.
- HBOT has demonstrated excellent safety records and is generally an extremely safe procedure.
- Serious adverse reactions are very rare, and generally not seen at lower pressures like our chamber.

9. What are the common side effects or adverse reactions?

- Ear/Sinus discomfort:
 - This occurs in about 10% of the population during the hyperbaric pressurization period.
 - Taking extra time and making routine stops will help to reduce discomfort and your technician will work with you as necessary.
- Claustrophobia:
 - Claustrophobia may occur in some people.
 - If this is something you often experience, please let your technician know.
 - Your technician will be with you during the whole process and will facilitate an exit if needed. Please follow their instructions to make sure you stay safe.

10. What are the contraindications?

- Untreated Pneumothorax: The only absolute contraindication for hyperbaric oxygen therapy is an untreated pneumothorax (collapsed lung).

11. What other conditions might be concerning?

- Severe lung or heart disease
 - We will monitor you more frequently while you are in the chamber.
- Diabetes
 - Typically, there are no concerns with well-managed type 1 or 2 diabetes.
 - We will monitor glucose levels; HBOT can sometimes cause glucose levels to drop and may improve this condition overall.
- History of seizure
 - We do not expect any difficulties with this condition, in fact it is likely to be helpful.
- Acute illness
 - Your technician will help assess whether it is an appropriate therapy for you and how to monitor you appropriately.
 - Respiratory infections, ear pain, and sinus problems can cause difficulty with pressurization. Your technician will help determine whether it is an appropriate therapy.
- Vision changes
 - A rare and temporary change in vision (either better or worse) has been associated with higher-pressure chambers over extended time. We do not expect this in our chamber; however, if you notice any changes, please let the technician know.
 - We also do not recommend changing vision prescriptions while carrying out a series of HBOT treatments. Any vision changes typically return to their original state within 3 months of discontinuing HBOT.
- Cataracts
 - HBOT cannot cause cataracts; however, it may cause formed cataracts to mature more quickly.
- Pregnancy
 - As a precaution, HBOT is typically not used during pregnancy.
 - A medical practitioner may authorize this on a case-by-case basis.
- Pacemakers and implanted devices.
 - A medical practitioner will discuss this on a case-by-case basis.