

Hyperbaric Oxygen Therapy (HBOT)

An advanced treatment modality to accelerate wound healing!

What is Hyperbaric Oxygen Therapy (HBOT)?

HBOT is best described as a large tube or small room that allows for you to breathe in 100% Oxygen at a pressure around 3 times normal air pressure. Your body's tissues need Oxygen to survive, but damaged tissues need even more Oxygen to survive and repair itself. HBOT will promote and accelerate wound healing and help to fight infection.

How will it help?

HBOT works by improving the Oxygen percentage in your blood that will be facilitated to your damaged tissues that are starved of Oxygen. Under pressure, the highly Oxygenated cells in your blood can begin to grow new blood vessels in the damaged tissue which promotes blood flow. HBOT can also stimulate growth factors and stem cells, fight infection, enhance antibiotic function, strengthen the body's bones and immune system, and more.

What to expect?

During your treatment, you may see a number of changes in your body. While in the chamber, you may feel your ears popping or sinus pressure, much like what occurs when you fly in an airplane or drive through the mountains. It is also common to see an increase in blood and sensitivity in your wound as healing begins to take place. There will be a hyperbaric technician assisting you throughout your whole treatment. You can lay back, relax and watch a movie or your favorite show while maximizing your wound healing potential!



Should I avoid certain things while I'm receiving HBOT?

Yes! You are going to need to stop smoking while in treatment. You should also avoid drugs, alcohol, and caffeine.

Are there different kinds of hyperbaric chambers?

Yes, but there are only two types of hyperbaric chambers that have been deemed effective and safe for managing your wound; multiplace and monoplace. Our hard chambers allow for delivery of 100% Oxygen under approximately 3 times the normal air pressure in a hard chamber.

Will my insurance cover HBOT?

Hyperbaric is suitable and beneficial for a host of conditions. However, it is important that your condition meets the qualifications of your insurance plan. Every insurance plan is different, but the hyperbaric center will assist with obtaining authorizations if they are required and/or making sure that you meet the guidelines so your HBOT will be covered.

Once I am a candidate for HBOT, what are the next steps?

Before you begin hyperbaric, you will be required to have a consultation with one of our HBO physicians. They will determine if you are healthy enough to receive HBOT. They may need to order some additional testing like lab work, chest x-ray or an EKG. Once you've been medically cleared and all records and pre-authorizations (if required) are obtained, you will be ready to start treatments!

How often will my treatments be?

Every patient is different but the standard protocol is 30-40 treatments, 5 days a week (Monday-Friday). The length of treatments is usually two hours, daily.

What does your HBO technician want you to know?

We are here to help you, let us know what we can do to help you through your treatments. It is so important that you receive your treatments daily to maximize efficacy. If there are any scheduling conflicts, let us know in advance to see if another time could be accommodated. Get the most out of HBOT by attending treatments every day!

Claustrophobic or anxious?

Our chambers are larger in size, but if you are still feeling nervous we can have your doctor prescribe medication to be taken before your treatment to make you feel more comfortable. HBOT has an important role in your wound healing and we want to make sure you tolerate treatments well. Let us know what we can do to make you feel at-home!