



Rappahannock  
**Wound Healing Center**

Mary Washington Hospital

## **HYPERBARIC OXYGEN CHAMBER**

### **PATIENT OVERVIEW**

**Hyperbaric Oxygen Treatment** is a treatment in which the patient breathes oxygen inside a pressurized chamber. The treatment quickly delivers high concentrations of oxygen to the bloodstream. This assists in the healing process of wounds and is effective in fighting certain types of infections.

#### **When you arrive at the center:**

After an initial consultation and exam by a specialized Wound Care Physician at the center, you will be ready to begin your therapy. When you arrive, you will receive complete instructions regarding your treatment. Before starting, you will change into a 100% cotton garment provided by the center. For safety reasons, no other clothing may be worn inside the hyperbaric oxygen therapy chamber.

#### **What to expect during treatment:**

Once you are comfortably inside the chamber, the pressure will gradually be increased and the temperature will temporarily rise. You may experience fullness in your ears as a result of the increased pressure. The technician will instruct you in ways to help clear the pressure and relieve any discomfort. Most treatment sessions in the chamber last approximately two hours. While undergoing treatment, you may watch TV or videos, simply relax or even sleep.

#### **Getting ready for your visit:**

Oxygen is necessary to heal wounds, but it is also a key ingredient in all flammable reactions. Therefore, for safety reasons flammable and inflammatory items are not allowed inside the hyperbaric chamber. Please do not wear or bring the following into the chamber during your treatment.

- Makeup
- Perfume
- Aftershave
- Hairspray/hair oils
- Nail polish
- Alcohol or petroleum based products, such as Vaseline, rubbing alcohol, hair gel, mousse, etc.

- Wigs/hairpieces
- Cell phones/pagers
- Metallic items (such as jewelry, titanium frame eyeglasses, keys, watches and coins)
- Flammable materials or heat producing items (heating pad, lighters, cigarettes)
- Hearing aids
- Food, gum or candy

If you wear **contact lenses**, please ask your hyperbaric physician specialist for advice on wearing contact lenses during treatment. Please bring a contact lens holder to all of your appointments.

### **Tobacco Use:**

It is also recommended that patients do not smoke or use tobacco products during the time you are in therapy with us. Tobacco use will prolong or even prevent healing of a wound site due to its constricting effect on the blood vessels in your body.