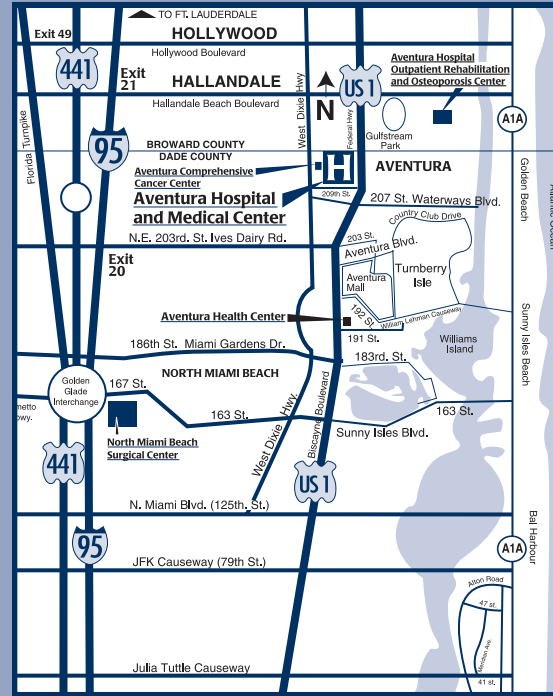


FOR ADDITIONAL INFORMATION, PLEASE CONTACT
THE HBO THERAPY SERVICES
AT **(305) 682-7989**.

To speak with a nurse regarding health questions,
information and referral, please call us toll-free
24 hours a day at (888) 256-7692.



Hyperbaric Oxygen Therapy Center

Biscayne Medical Arts Center
21110 Biscayne Boulevard • Suite 104 • Aventura, Florida

A Department of
**Aventura Hospital
and Medical Center**

20900 Biscayne Boulevard • Aventura, Florida
www.aventurahospital.com

Main number: (305) 682-7000
Wound Healing Center: (305) 682-7989
Physician Referral: 930-DOCS (3627)

ANSWERS TO QUESTIONS ABOUT THE HEALING POWER OF OXYGEN



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HYPERBARIC OXYGEN THERAPY CENTER

HOW WILL I PREPARE FOR THE TREATMENTS?

Patients should eat and take medications as they normally would. Diabetics are encouraged to eat before entering the chamber in order to prevent the occurrence of hypoglycemia. To ensure your safety and maximum benefit from the hyperbaric therapy, certain precautions are necessary.

- The following items are not allowed in the chamber:
 - Aftershave
 - Books
 - Jewelry
 - Cologne
 - Earrings
 - Hair Oil
 - Hair Pieces
 - Hair Spray
 - Hard Contact Lenses
 - Lighters
 - Lipstick
 - Makeup
 - Matches
 - Necklaces
 - Ointments
 - Perfume
 - Rings
 - Salves
 - Smoking Materials
 - Watches
 - Wigs
- Only cotton clothing is allowed in the chamber. You will be given special cotton clothing to wear during the treatment.
- Because the use of tobacco products (nicotine) causes the blood vessels to constrict, patients undergoing hyperbaric oxygen are prohibited from smoking or partaking of any tobacco products.
- Notify the staff of any changes in medication.
- Notify the staff if you experience any of the following conditions:
 - Blisters
 - Chills
 - Cold/Flu Symptoms
 - Cold Sores
 - Diarrhea
 - Fever
 - Sore Throat
 - Vomiting

WHAT IS HYPERBARIC OXYGEN THERAPY?

Hyperbaric oxygen (HBO) therapy is the exposure of the body to 100% oxygen in an environment of greater than atmospheric pressure. This allows for a higher concentration of oxygen to reach the tissues of the body. Potential benefits of hyperbaric oxygen therapy include:

- Increased blood flow to injured tissues
- Greater blood vessel formation
- Reduced swelling
- Reduced risk of infection
- Accelerated wound healing
- Preservation of damaged tissue
- Stimulation of new bone formation
- Reduced effects of toxic substances

Hyperbaric oxygen is often an adjunct therapy prescribed as part of an overall treatment plan for patients of the Wound Healing Center. Together with the Center's experienced doctors and nurses, our specialists are dedicated to doing their part in caring for wounds that have resisted healing.

Hyperbaric oxygen therapy and other integrated services of the Wound Healing Center are highly specialized, so during your treatment you will continue seeing your regular physician for all routine medical care. We will keep your doctor updated as to your care and progress at the Wound Healing Center.

The ability of oxygen and nutrients to reach the wound site is important in healing a wound. A baseline transcutaneous oxygen healing screening is performed on patients with wounds to determine if hyperbaric oxygen therapy is the appropriate treatment for your type of chronic wound. This is a non-invasive procedure performed at our center to measure the microcirculation of an extremity that has a wound that has resisted healing.

WHAT IS THE CHAMBER LIKE?

Aventura Hospital and Medical Center uses the Sechrist 3200 Monoplace Hyperbaric Chamber. It consists of an acrylic cylinder where the patient reclines while receiving therapy. During the treatment, the patient is in constant contact with the staff through the use of internal/external speakers.

WHAT DOES THE TREATMENT FEEL LIKE?

The hyperbaric oxygen treatment consists of three phases: Compression, Treatment and Decompression.

COMPRESSION

During the compression phase, the patient experiences a fullness in the ears, similar to the feeling noted while flying or scuba diving. Before the treatment, patients are taught how to clear their ears and the operator assists them in relieving the fullness during treatment.

TREATMENT

The chamber feels warmer during the compression phase due to the pressurization but will cool off as treatment continues. One of the first things a patient will hear is the sound of oxygen entering the chamber, but the patient becomes accustomed to it as the treatment progresses.

When the treatment pressure prescribed by the physician is reached, the feeling of fullness in the ears decreases and the patient will feel normal again. During this time, the patient may rest, sleep, watch television, watch recorded movies or listen to music.

DECOMPRESSION

The decompression phase begins at the end of the treatment. As the pressure is decreased in the chamber, a "pop" or "cracking" sound occurs as the patient's ears readjust to normal pressure.

HOW LONG ARE THE TREATMENTS?

The average hyperbaric oxygen treatment lasts approximately 90-120 minutes. It is recommended to allow an additional 30 minutes for preparation and departure time.

ARE THERE ANY SIDE EFFECTS OR COMPLICATIONS?

BAROTRAUMA: The most common side effect is barotrauma (trauma caused by pressure changes) to the tympanic membrane. Equalization techniques will be taught to reduce the possibility of occurrence. In addition, there is a slight possibility of barotrauma of the sinuses, teeth and lungs. If the patient experiences any discomfort from these areas, the staff should be notified immediately.

VISUAL CHANGES: Some patients develop temporary changes in eyesight. Eyesight will return to the pretreatment state within eight weeks after the end of HBO therapy.

FATIGUE: Occasionally, patients experience fatigue during the course of treatment. This is normal and no cause for concern.

CLAUSTROPHOBIA: Some patients are uneasy or feel confinement anxiety within closed spaces. The staff should be notified immediately and relaxation methods or medication will be arranged.

FIRE: Because the danger of fire is intensified in areas of highly-concentrated oxygen, special fire safety precautions are taken in and around the hyperbaric chamber. To date, there have been no fires in monoplace chambers in the United States.



CAN I HAVE VISITORS?

In order to ensure the privacy and safety of patients, visitors are *not* permitted during specific times at the discretion of the chamber operator. Whenever possible, visitors without cold or viral symptoms will be permitted to visit.

HOW ARE PATIENTS EXPECTED TO PARTICIPATE IN THE TREATMENT PROGRAM?

Patients play a vital role in their own treatment program. Starting with the initial call to schedule an appointment, the steps taken will actively contribute to the healing process.

Much of the success of a hyperbaric oxygen treatment program depends upon the patient's participation and commitment. As an active member of the wound management team, patients need to keep their appointments, follow directions carefully and closely monitor progress between visits.