A Patient’s Guide to Hyperbaric Oxygen Therapy

Hyperbaric Center at Parkwest
Monday – Saturday
7 a.m. – 6 p.m.

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WHAT TO EXPECT

Before each treatment, your vital signs will be measured and you will be evaluated by our on-site physician. You will then select a seat in the treatment chamber, where a trained technician is present at all times. As the treatment begins and the room pressurizes, you may feel your ears popping as your body adjusts to the changes. When treatment pressure is reached inside the chamber, you will put your headgear on. You may then choose to relax, read, nap or watch a movie on the widescreen television. Food and drink are permitted in the chamber.

After treatment, you will be able to go about your daily routine without any side effects.

The following actions can improve your treatment's success:

- Attend appointments consistently throughout your treatment.
- Rest and eat a balanced diet.
- If you smoke, it would be beneficial to quit or cut down. Smoking reduces the amount of oxygen that can be delivered to your tissues.