

## DRIVING DIRECTIONS TO PARKWEST

### From West Knox County:

- Take I-40 east to Exit 378 (Cedar Bluff Road)
- Turn left onto Cedar Bluff Road
- Go back under I-40
- Turn left at second light onto Park West Boulevard
- Follow Park West Boulevard to Parkwest Physicians Plaza building on left

### From East, North or South Knox County:

- Take I-40 west to Exit 378A (Cedar Bluff Road)
- Stay to the right on exit ramp (378A) toward Executive Park Drive
- Turn left at light onto Executive Park Drive
- Go straight through next light across Cedar Bluff Road onto Park West Boulevard
- Follow Park West Boulevard to Parkwest Physicians Plaza building on left



# Hyperbaric Center at Parkwest



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

Mailing address:  
9352 Park West Blvd.  
Knoxville, TN 37923  
(865) 373-2030  
Fax: (865) 373-9005  
[www.TreatedWell.com/Hyperbaric](http://www.TreatedWell.com/Hyperbaric)

## A Patient's Guide to Hyperbaric Oxygen Therapy





## HOW IT WORKS

Hyperbaric Oxygen Therapy (HBOT) delivers high doses of oxygen to the body through specialized headgear inside a pressurized air treatment room. This combination allows the oxygen to dissolve into each patient's bloodstream and helps reduce swelling, control infections and stimulate the growth of new blood vessels.

HBOT is adjunctive therapy that must be used as part of a larger healthcare plan to complete treatment. Adding HBOT to a patient's treatment plan is proven to significantly increase healing when compared to following standard care alone.

Hyperbaric treatments are two hours long and patients need to attend daily for six days a week. While each patient's treatment is planned on an individual basis, most participants average six to 10 weeks of visits to the Center.

HBOT is an evidence-based treatment demonstrated to heal and reduce the severity of wounds and infections. In patients who complete the treatment recommended by their physicians, the rate of healing ranges from 85 to 95 percent.

## WHO WE ARE

The Hyperbaric Center at Parkwest is home to the only hyperbaric chamber in East Tennessee that can treat up to ten patients at a time. Unlike monoplace chambers, in which only one patient can receive treatment at a time, the multiplace chamber is more comfortable, flexible and spacious.

Hyperbaric Oxygen Therapy (HBOT) treats patients with medical conditions including:

- Chronic non-healing diabetic foot wounds
- Compromised skin grafts or flaps
- Chronic bone infections
- Bone or tissue injury resulting from radiation therapy

## 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.



## HOW TO BEGIN

After receiving a referral from your physician, one of our coordinators will contact you to discuss your treatment plan. Most insurance companies cover HBOT, including Medicare and Medicaid.