

What to expect during a Treatment Session

You will be seated in a large room/chamber, along with other patients and an inside attendant who will be with you throughout the treatment session. When the treatment session starts the chamber will be pressurised, and you will notice pressure in your ears – similar to the feeling you experience when descending in an aircraft. Your attendant will help you equalise the pressure using various methods and ensure you are comfortable until you reach the required pressure.

You will then be helped to adjust your personal oxygen mask and you will begin to breathe 100% oxygen. Then you can sit back and relax and breathe normally. Background music will be played during the session, and you can read to pass the time.

There will be some small breaks during the treatment when you can remove your mask and take some water if you need to.

At the end of the session you can remove your mask while the chamber is decompressed. You will feel a popping or clearing of your ears as they adjust to the normal atmospheric pressure.

At the end of the session the attendant will escort each patient individually to the waiting area.

What should I wear during Treatment Sessions?

For reasons of safety, hygiene and the comfort of other patients, we would ask that you avoid wearing/using.

- Hairspray or hair oil
- Make up
- Nylon stockings
- Hand/body creams and ointments
- Perfume, aftershave or cologne

We also suggest, for your comfort and to minimise static within the chamber, that you wear comfortable cotton clothing with runners or flat shoes and avoid synthetic clothing if possible. High or medium-heeled shoes are not permitted inside the chamber.

Facilities and Location

- Due to safety constraints children are not allowed on the premises
- 1 visitor can accompany a patient in the waiting area.
- There are cafes, restaurants and convenience shops nearby:

Gourmet Food Parlour Santry

www.gourmetfoodparlour.com/restaurants/santry

Gulliver's Retail Park

www.gulliversretailpark.ie/

Oxycare Ltd
Modern Hyperbaric Solutions

Patient Information Leaflet



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The Oxycare premises is fully wheelchair accessible and there is ample parking.

What is Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy (**HBOT**) is a medical treatment that improves the body's natural healing process. Inhaling 100% Oxygen in a chamber in which pressure is increased and controlled, can improve or speed up the healing and recovery process of diseased or damaged tissue.

What conditions can be treated with HBOT

- Damage from radiation therapy for Cancer
- Wounds that are infected or do not heal
 - Some diabetic foot ulcers
 - Gas poisoning
(e.g. Carbon Monoxide poisoning)
 - Burns

If your Doctor or Consultant has referred you for **HBOT** as part of the overall treatment plan for **your condition**, this treatment can be carried out at our Oxycare medical facility in Santry.

This leaflet may help to familiarize you with what to expect if you are undergoing HBOT treatment.

My Assessment and Treatment Plan

When referred, you can contact us to arrange a free medical assessment with our doctor. During the assessment, the history, medication, and care plan will be reviewed.

Some further tests may be required prior to treatment – including Chest X-ray, ECG, Ear or Eye assessment, and blood tests.

If you have a non-healing wound, a special test (tcpO₂) which measures skin oxygenation may be performed. This is painless and takes about an hour. Wound photography may also be required to document the progress of wound healing.

Once assessment is complete our team will set out a treatment plan specifically for you, and a treatment schedule will be allocated to you.

Treatments usually last 2 hours. The number and frequency of treatments vary according to the condition being treated.

Prior to treatment, you will have an opportunity to experience our **HBOT** chamber and equipment. Our nurses/ assistants will show you our facilities and answer any questions or concerns you may have.

What to Expect on Arrival for Treatment

When you arrive you will be met at reception by one of our nurses or assistants and brought through to our patient waiting area where we will go through your session plan with you for that day and run through our safety checks and procedures. Our medical team will also perform any individual checks necessary e.g. inspection of your ear drum, blood pressure and/or blood sugar check.

You will be given your gown and mask and shown to the locker area where you can safely store any items that **CANNOT** be brought into the treatment area, including:

- Lighters or matches
- Make up and lip balms
- Wigs / hairpieces
- Watches/jewellery (except wedding bands)
 - Hearing aids
 - Contact lenses/Glasses
 - Mobile phones/Ipods/PC's
- All electrical/battery devices or hand-warmers

You will then be brought through to the **HBOT** chamber where we will make sure you are comfortable and that your mask is fitted correctly. **An inside attendant/nurse will remain with you at all times while you are in the chamber.** Our doctor and/or medical attendant will always be on hand on the premises before during and after your treatments.