

Hyperbaric Medicine

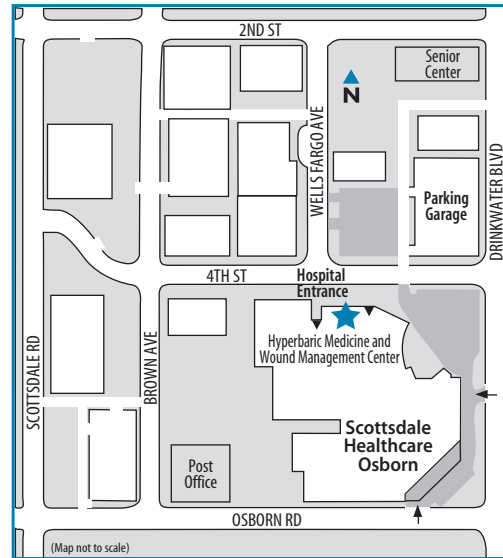
Patient Guide



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Hyperbaric & Wound Management Center
7400 E. Osborn Road, Scottsdale, AZ 85251-6403
480-882-6700

shc.org

Scottsdale Healthcare's Hyperbaric Medicine and Wound Management Center houses Arizona's largest hospital-based hyperbaric oxygen chamber, which seats up to 12 patients, as well as a single-patient mono chamber. Hyperbaric medicine delivers pure oxygen therapy to treat a variety of conditions including chronic wounds, infections, crushing injuries, radiation tissue damage, carbon monoxide poisoning and decompression sickness.



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How does Hyperbaric Medicine work?

During treatment, the patient breathes 100 percent oxygen, while at an increased atmospheric pressure. These components—increased pressure and oxygen concentration—aid healing (treatment effects may vary per patient). It is important to note that the effects of hyperbaric medicine therapy result from an oxygen-enriched bloodstream, and not from the oxygen's direct contact with the wounds. Because of this, bandages are kept on wounds.

Hyperbaric medicine:

- Advances wound healing
- Increases the delivery of oxygen to injured tissues
- Encourages greater blood vessel formation
- Preserves damaged tissues
- Helps eliminate and reduces the effects of toxic substances
- Reduces or eliminates gas-bubble obstructions

Patients will receive treatment in the spacious multi-place hyperbaric chamber. The chamber comfortably seats up to 12 patients during each treatment session; morning and afternoon sessions are available. Accompanying you on every treatment is an in-chamber medical specialist who attends to your needs and manages more critical patients requiring additional medical care.

Preparing For Therapy

Your hyperbaric medicine team will discuss with you the specific preparations required before treatment. Please wear 100 percent cotton clothing with no zippers or snaps for your treatment. If none is available, you will be given a 100 percent cotton gown to wear for your treatment.

Items not permitted in the chamber include, but are not limited to:

- Hair spray/makeup
- Synthetic clothing
- Oils/lotions/grease (*i.e., hair and skin products*)
- Newspapers

You will be asked to remove hearing aids. You may also be asked to remove contact lenses or dentures, depending on the type of lenses or fit of the dentures. Please do not bring valuable items into the hyperbaric medicine facility.

What to expect

During hyperbaric oxygen therapy, patients may feel pressure in the ears similar to the sensation felt when landing in an airplane. The staff will provide instructions on how to clear the ears to avoid discomfort. In addition, the chamber may become slightly warmer during the first few minutes of treatment and generally will be cooler during the last few minutes. In the new multi-person hyperbaric chamber, patients can watch television, a movie, listen to the radio, read or just rest.

Things to know before your treatment

Patients are asked to take 400 units of Vitamin E daily during treatment. The doctor will check your complete medication history prior to starting treatment.

Smoking decreases the treatment's positive effect, and will make it less effective, therefore, patients should not smoke for the entire time they are receiving hyperbaric medicine treatment.

Scheduling

To obtain a referral with a hyperbaric physician, or to receive additional information, call the Hyperbaric Medicine and Wound Management Center at 480-882-6700 or 480-882-4965 or visit our website at shc.org.