

# REVOLUTION

## H Y P E R B A R I C P L U S

### Consent for Hyperbaric Oxygen (HBO)

#### Possible Side Effects with HBO

Generally, patients experience no negative after-effects from hyperbaric oxygen. However, some patients report a "crackling" in their ears between treatments. You can relieve this in the same way you clear ears during changes in pressure while in the chamber. Some patients report feeling lightheaded for a few minutes following a treatment, but this is brief, and the patients are able to continue with their normal daily activities.

- **Barotrauma:** Discomfort or injury associated with chamber pressure change. Injury usually occurs when neglecting to notify technician of discomfort or pain during chamber compression or decompression.
- **Serous Otitis.** HBO encourages increased sinus drainage in inner ear. Fluid accumulation and pressure could occur if there is obstruction or infection in the Eustachian tube. Discuss options with technician if inner ear pain or difficulty clearing ears in chamber occurs.
- **Dental or Sinus Related Pain.** Some individuals have had pain occur in a tooth, jaw or sinus area above or below eyes. This is from a trapped air bubble and can be resolved by making the technician aware as soon as pain starts.
- **Hypoglycemia (low blood sugar).** HBO hastens use of blood sugars. Good rule for anyone using HBOT; have comfortably eaten something before HBO. Non sugary food or snacks are best. Snacks may be taken into chamber.
- **Low Blood Pressure.** If using blood pressure medication, your blood pressure is likely to start dropping as soon as the first treatment. Anticipate reducing blood pressure medication while using HBO.
- **Diabetes (High Blood Sugar).** Blood sugar levels typically decrease when HBO is used while on blood sugar control medications. Medication adjustments will likely have to be made.
- **Visual changes.** During the course of multiple HBO treatments taken in close succession, patient may notice some blurring of distant objects. Eye focus typically return to normal within a few weeks or months after stopping treatments. We recommend not having eye doctor visits while doing more than occasional hyperbaric treatments.
- **Oxygen Toxicity.**
  1. **Pulmonary (Lung).** Results in chest tickle or pain while breathing resulting in a dry, non-productive cough and decrease in lung capacity. Pulmonary oxygen toxicity is unlikely in that studies showed that it requires 10 or more one-hour exposure to HBO at 2.0 ata.
  2. **Central Nervous System (CNS).** Symptoms start with feeling flush or sweaty, could progress to facial tightness or twitching, progressing to severe sweating and seizure. CNS toxicity is rare in that it requires extended treatment times in HBO of 3 – 6 hours at 2.0 ata.  
Oxygen Toxicities seem to be hastened by dehydration, cold and stress.
- **Fatigue.** Some people may feel fatigue following HBO. This is not a typical response. Dehydration, constipation or depressed adrenals are suspect with post-HBO fatigue. Please let the technician know if this occurs.
- **Risk of fire.** With the use of oxygen in any form there is always an increased risk of fire, but strict precautions have been taken to prevent this. Please refer to 'Chamber Contrabands'.
- **Numb Fingers.** A small proportion of patients notice a numb feeling in the fourth and fifth fingers of the hands during treatments. This should not be of concern and should disappear within six weeks of cessation of therapy.

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