Everest Health

Hyperbaric Oxygen Therapy (HBOT)
Frequently Asked Questions

What is Hyperbaric Oxygen Therapy (HBOT)?
HBOT involves breathing pure oxygen in a pressurized chamber to increase oxygen levels in the blood. This elevated oxygen supply enhances tissue repair and regeneration, reduces inflammation and swelling, and assists in the healing of chronic wounds and infections. Additionally, HBOT is effective in treating decompression sickness and carbon monoxide poisoning, making it a versatile treatment for various medical conditions.

HBOT Sessions

30-minute session	**$75**
60-minute session	**$100**
90-minute session	**$120**
Bundle of 20 hours	**$1799**
Bundle of 40 hours	**$3199**
Bundle of 60 hours	**$4499**

APPROVED DIAGNOSES AND APPLICATIONS

How many diagnoses is HBOT approved for in the United States? HBOT is approved for eight diagnoses in the U.S., primarily related to skin healing, carbon monoxide poisoning, decompression sickness, and severe anemia.

What are the main diagnoses for which HBOT is approved in Europe? In Europe, HBOT is approved for a wider variety of conditions, including wounds, brain injury, stroke, sickle cell anemia (especially when combined with cancer treatments), and 24 other medical conditions.

EXPERIENCE AND RECOMMENDATIONS

What comfort features are provided in the HBOT chamber? We provide two pillows, earplugs, and the option to keep the lights on or off during your session for your comfort.

Can you use electronic devices inside the HBOT chamber? You may bring a smartwatch or iPhone (version 11 or newer), but iPads, laptops, or devices with larger batteries are not recommended due to potential risks with pressure.

Can I use AirPods in the chamber? We do not recommend AirPods as they may not be rated for pressure changes. Many patients find that they need to adjust them frequently to avoid discomfort or pressure issues.

How long does it take to safely adjust the pressure in case of an emergency? It takes approximately 3 minutes to safely adjust to pressure during an emergency situation.

CONTRAINDICATIONS AND CAUTIONS

Who should not undergo HBOT? The only absolute contraindication is spontaneous pneumothorax (a collapsed lung without a known cause).

Can I undergo HBOT if I have a cold or stomach bug? It is recommended to avoid HBOT during active viral illnesses, especially if you have clogged ears or noses, as it can exacerbate symptoms and increase discomfort during treatment.

HBOT MECHANISM AND PRINCIPLES

What principle underlies the effectiveness of HBOT? HBOT enhances oxygen delivery to cells, which boosts ATP production and improves the overall energy efficiency of tissues, leading to faster healing and reduced inflammation.

How does increased oxygen affect cell function at a sub-cellular level? At the cellular level, increased oxygen enhances the efficiency of immune cells, brain cells, and enzyme-producing cells, helping them to function optimally.

How does HBOT help reduce free radicals? By improving energy production within mitochondria, HBOT reduces the generation of reactive oxidative species (ROS), which lowers free radicals that can damage cells.

What are the three principles of physics used in HBOT? The three main physics principles used in HBOT are: Oxygen Concentration, Boyle's Law, and Henry's Law. Boyle's Law explains that as pressure increases in the chamber, oxygen molecules are compressed, allowing your body to absorb more oxygen with each breath. Henry's Law states that at higher pressure, gases (like oxygen) dissolve more effectively into liquids (such as blood), much like sugar dissolves faster in hot water.

EFFECTS AND OUTCOMES OF HBOT

What are some possible effects of HBOT after treatment? Some individuals may experience a "purge" after initial treatments, which may include mild headache, soreness, fatigue, or emotional responses as the body begins to heal. However, most patients feel relaxed and energized post-treatment.

How long does it take for HBOT to show results? The effectiveness of HBOT varies based on the individual and the condition being treated. Most patients notice progressive improvements over 20-60 hours of treatment, though the exact timing depends on the extent of the damage being repaired.

HBOT EQUIPMENT AND SAFETY

What are the four classes of HBOTs?
1. mHBOT (Mild HBOT): No proven results.
2. Non-FDA Approved Chambers: are considered dangerous and should be avoided.
3. FDA Approved HBOT (1.5 ATA): The standard HBOT machines used in our facility.
4. Hard HBOT Machines: Provide faster results but come with increased risks.

What are common risks associated with HBOT? Common risks include: claustrophobia, ear or sinus pressure/pain, and temporary vision changes.

How can you alleviate ear or sinus pressure during HBOT? You can alleviate pressure by yawning, swallowing, stretching your jaw, or using the Valsalva maneuver (holding your nose and gently blowing).

What is the risk of holding your breath during HBOT? Holding your breath can lead to lung overinflation due to the increased pressure, which may overstretch the lungs.

What should you do if you need to exit the chamber immediately? Notify staff for assistance. Exiting immediately without adjusting the pressure could risk ear damage or cause difficulties due to rapid pressure changes.

What should you expect in terms of sounds and sensations during treatment? You might hear air whooshing, hissing, or squeaking near the chamber's head and foot. You may also experience ear pressure and a slight increase in warm temperature.

SAFETY GUIDELINES

How can you ensure safety inside the chamber? To ensure your safety, keep breathing normally, avoid blocking any air valves, and equalize the pressure in your ears as needed by yawning or swallowing.

What if I feel short of breath or panicky during treatment? It is impossible to suffocate in the chamber, as the system continuously circulates air. If you feel panicked, notify the staff immediately for assistance.