

HYPERBARICS

Empower | Recover | Perform

What is Hyperbarics?

Hyperbaric Oxygen Therapy (HBOT) works in a very simple, yet effective way. By taking oxygen and placing it under greater than normal pressure we are able to push this oxygen into your blood plasma, tissues, and body fluids — literally super-oxygenating your entire system!

Is there a difference from Mild HBOT?

YES! It matters what type of chamber you get into. Most effective treatments and conditions require a chamber to go above 1.6 ATA or 7 PSI.

Why Summit?

Our chamber goes to **2.0 ATA or 15 PSI!** Outside of the hospitals, there are very few options in Utah that can help you, plus we offer other services that go hand in hand with our hyperbarics treatment.

Patient Guide to Hyperbarics

HBOT works in a very simple, yet effective way. Taking oxygen and placing it under greater than normal pressure we are able to push this oxygen into your blood plasma, tissues and body fluids— and super-oxygenating your entire system! This is your “cheatcode” to “biohacking” if you are looking to heal faster or preventative health solutions. Maybe you’re working with an



existing health condition, new injury, cancer etc. We’ll give you the best HBOT experience possible. Let’s just make sure you know a few things first!

The HBOT experience!

PRIOR to Treatment:

- Arrive prior to your appointment.
- Plan for appropriate times: A 60 min dive requires 10-15 mins to pressurize and depressurize; so plan 90 mins total time. A 90 min dive requires approximately 2 hours because of this as well.

Benefits of Hyperbarics!

Oh so many! Where to start?

- Increased Oxygen to all tissues, beneficial for recovery and healing.
- Increases recovery by constricting blood vessels, decreasing swelling and edema.
- The rebuilding of small blood vessels, such as capillaries.
- Inactivation of toxins produced by bacteria.
- Activation of the immune system to fight and kill bacteria.
- Enhanced stem cell release.
- Helps to clear infections in bones and rebuild new bone.
- Increases neuronal energy metabolism in the brain.
- Wound healing, fracture healing is sped up.
- Many, many more. See our website for research papers and links for Sports, Cancer, Autism, etc



- Get changed into clothing required (see below).
- Use the restroom before you get in.
- If you're a diabetic - eat a little prior. Make sure blood sugar is at appropriate levels.
- Do not drink carbonated beverages 1 hour prior to using the chamber. (Upset tummy here we come! No bueno!).
- Continue regular scheduled medications unless indicated otherwise by your physician. Some cancer medications are not allowed at all.
- NO smoking (see below)

Pressurization of the chamber: (Descent) ...going down!

You'll be provided a mask to breathe in oxygen while in the chamber. This allows the delivery of oxygen to your body in a more efficient manner. As we turn on the oxygen concentrators and the compressor, you'll hear the air flow in the chamber. You'll also feel some temperature increase during that time as the compressor warms the air.

The ability to clear your ears is very important in preventing ear discomfort or trauma. As the chamber fills with pressure, you will need to equalize the pressure inside your ears to the pressure in the chamber. **YAWN....SWALLOW....or BLOW** through your nose while pinching it (**VALSALVA**).

Tell us immediately if you cannot relieve the fullness or pressure in your ears.!!! This is why you cannot come into the chamber if you have a cold. Risk of Barotrauma (ear drum rupture) is a concern.

Once the chamber reaches pressure, your ears will no longer go through this experience. You'll experience it again as we depressurize the chamber.

Really, it's the same as going up a mountain in a car, flying in a plane etc. You've got this!

De-pressurization of the chamber: (Ascent) ...going up!

Your ears may "pop or crackle", just equalize the pressure hear by yawning or rubbing them. **DO NOT VALSALVA or HOLD YOUR BREATH on the ascent!!!!**



Things not allowed in the chamber!

- Colds, runny noses, stuffy noses or ears
- Stomach cramps or diarrhea symptoms
- Synthetics, Wools, Silks.
- Oil based make-up, Petroleum products, lip stick, nail polish, hair spray or mousses
- Hearing aids, cell phones, computers, external pacemakers
- Non-pressurized watches
- Contact Lenses (hard)

Things allowed in the chamber!

- **50/50 blend or 100% cotton clothing**
- Book
- Drinking water
- FYI: TOBACCO USERS - NO smoking before and immediately after treatment. Nicotine causes small blood vessels to constrict, and smoke/tar decreases ability to absorb oxygen through vessels and lungs. Smoking will make HBOT much less effective
- A consent form is required to be signed prior to the Hyperbaric chamber experience at Summit.

We look forward to helping serve you in your healthcare needs and seeing you get back to a full recovery. Hyperbarics will be a tool in making that possible. Please let us know if you have any questions.

-- Dr. Perkins