



Lordex Spine Center of Columbia P.C.

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Frequently Asked Questions For Hyperbaric Oxygen Therapy (HBOT)

HOW DOES IT FEEL?

The initial experience is a bit like being in an airplane. Just like with take-off, when the body is adjusting to changes in pressure, in the chamber, you'll experience a similar pressure in the ears that will clear up relatively quickly usually within 10 minutes. For most patients this process is aided by chewing gum or frequently swallowing.

IS IT COMFORTABLE INSIDE?

We've designed the space for patients to recharge, relax and focus on the health and healing. Consistent with other elements of your visit, we think you'll find the chamber a comfortable, healing environment.

IS CLEARING YOUR EARS HARD TO DO?

For most patients, clearing their ears isn't an issue. In fact, they barely notice the pressure after a few moments of light popping. The pressure is similar to taking off in an airplane, which might mean swallowing more.

WHAT DO YOU DO INSIDE THE CHAMBER?

We welcome you to enjoy your time in the chamber however you like. For many patients that means catching up on work calls or emails, listening to music, reading a book or taking a nap.

HOW DO YOU FEEL AFTER A SESSION?

You may feel slightly disoriented when you first come out of the chamber, as your body re-acclimates to the lower oxygen levels in the ambient air. This is a normal part of readjusting post-treatment. We provide comfortable seating for you to relax, get your bearings and replenish your body with a water and snack. Like most of our patients, you may find yourself feeling more energized for the rest of the day and likely sleep better that night. Results will vary depending on your existing condition and treatment goals.



HOW WILL I COMMUNICATE WITH THE STAFF WHEN I'M UNDERGOING TREATMENT?

Walkie- talkies are in every chamber to communicate with the staff whenever you need.

I AM HEALTHY. HOW CAN I BENEFIT FROM THIS TREATMENT?

Even healthy patients experience benefits from using the hyperbaric oxygen therapy. HBOT may improve energy levels, sleep, focus, tissue functions, stem cell mobilization and immune health, among others.

HOW MANY SESSIONS DO I NEED?

Every patient is different, and everyone comes in with their own unique health goals. What we know is that the frequency of HBOT can play a major role in achieving many physiological benefits. For the patients with more acute or chronic conditions, this means more regular visits. This will lead to a more effective treatment and outcomes over time. Once a condition is stable a routine maintenance session may be appropriate.

WILL THIS TREATMENT CASUE A SEIZURE?

Oxygen toxicity seizures are rare but normally triggered by low blood sugar or increase of body temperature. We will try and keep the chambers as cool as possible. If you are prone to seizures, please inform the staff.

Common Side Effects

1. Trauma to Ears and Sinuses due to pressure changes this effect is only temporary and resolves after treatment.
2. Pulmonary Oxygen Toxicity is very rare but may require supplemental oxygen between treatments.
3. Claustrophobia affects a minor percentage of the population. The condition can be managed with the multiple windows in the chamber and the communication with the walkie- talkies.

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