



Patient information mild hyperbaric oxygen therapy

Please read the information carefully and sign this information sheet.

Before attending your session, we kindly ask you:

- to come to the Sportorthopädie Zentrum **15 minutes before** your first session,
- to bring the **completed and signed patient information sheet** with you.
- We recommend **comfortable clothing** (e.g., t-shirt and gym trousers).
- No sharp objects should be brought into the oxygen pressure cabin.
- Please show courtesy to the other guests and **wear a neutral parfum** and **refrain from eating strong-smelling foods**.

In the Sportorthopädie Zentrum we use "mild hyperbaric oxygen therapy" (mHBO) with an overpressure of 0.3 bar and the supply of 90% oxygen. This corresponds to a diving depth of 3m. This therapy provides an increased amount of oxygen to be dissolved in the blood and, subsequently, the rest of the body. This extra blood / oxygen flow assists in tissue growth for healing.

mHBO is seen as positive for many areas of application, but **therapeutic success cannot be guaranteed**. In no way should hyperbaric oxygen therapy be a substitute for other treatments or medications, but an additional support to them.

We recommend that you discuss the use of mHBO with your **treating primary care physician** and clarify your health status **prior to your first treatment**. **Especially for diseases of the lungs and ear, nose and throat.**

In cases of lung diseases, ear-related conditions, or a diagnosed cancer, medical clearance is required before starting the therapy.

Medical History:

What brings you in for treatment and when did this begin? Is there a diagnosis? How long are you experiencing these symptoms?

Are you currently undergoing medical treatment? Please describe:

Have you ever had any ear problems?

☐ YES

☐ NO

If yes, please describe: _____

Do you have any problems with your ears when you fly?

☐ YES

☐ NO

Is there a possibility that you may be pregnant?

☐ YES

☐ NO

A positive response to any of the above questions means that there is a pre-existing condition that that may affect your safety in receiving mild hyperbaric oxygen therapy. In this case we ask you to consult your physician BEFORE booking an appointment and to inform us in advance by telephone (0043/1/3615538) or by e-mail (office@sportortho-zentrum.at).



Reasons for exclusion:

If you suffer from any of these conditions, you are not allowed to attend mild hyperbaric oxygen therapy, so your appointment will be cancelled:

- Globular cell anemia,
- upper respiratory tract infection (cough, cold, common cold),
- chronic sinusitis,
- middle ear infection or surgery,
- emphysema,
- COPD,
- pneumothorax,
- collapsed lung,
- seizure disorder,
- possible pregnancy.

If you are taking the following medication, treatment is also not possible and your appointment will be cancelled:

- Cisplatin,
- Disulphiram (Antabuse),
- Doxorubicin (Adriamycin),
- Bleomycin.

Application:

You enter the cabin and take a seat. An attendant hands you an oxygen mask, which you put on, and then he closes the cabin. The pressure is slowly increased. You feel it in your ears, as it occurs during takeoff in an airplane. Swallowing, yawning or pinching your nose while blowing out with your mouth closed, allows for equalizing the pressure. After 5 minutes, full pressure is reached. During your treatment, you can read, listen to music or simply relax and unwind.

At the end of the treatment, the pressure is gradually released for about 3 minutes. You will again feel pressure in your ears. Then you can remove the mask, the cabin will be opened and you can exit.

The attendant will be near you throughout the entire treatment and can interrupt it at any time if you feel uncomfortable. In such a case, please press the alarm button.

Possible risks and side effects:

mHBO is generally very well tolerated. However, there could be side effects:

Barotrauma or pain in the ears: if you are not able to equalize your ears, press the alarm button and ask for help: pressurization will be slowed.

Visual disturbances may occur. They are usually temporary.

Lung expansion: this side effect is rare. However, during the treatment and especially during pressure buildup or release, do not hold your breath, as this could damage lung tissue. In the event of rapid decompression, it is important to exhale immediately.

If you have an **implant**, discuss the use of mHBO with your treating general practitioner or physician **BEFORE** booking your first treatment. Dr. Lanz and the staff of Sportorthopädie Zentrum do not assume responsibility for any malfunction of your implant.

The fees for hyperbaric oxygen therapy are NOT covered by health insurance companies. Therefore, there is no need to claim reimbursement. If you have private supplementary health insurance that covers alternative treatments and therapies, please contact them in advance regarding coverage.



Print name: _____ Tel. Nr.: _____

- ☐ I have read and understood the patient information and agree to undergo the "mild hyperbaric oxygen therapy".
- ☐ I understand that mild hyperbaric oxygen therapy is reported to be beneficial for a wide range of medical ailments, but no therapeutic outcomes can be guaranteed. I understand that mild hyperbaric oxygen therapy is not a substitute for any medical treatment prescribed or suggested by my physician.
- ☐ I understand that as the chamber is pressurized and depressurized I may need to equalize the pressure in my ears to acclimate the pressure changes. **If I am unable to equalize ear pressure, I will communicate the discomfort before the treatment**, so adjustments may be made. If I experience pain in one or both ears during the treatment, I will immediately communicate the discomfort, so adjustments may be made.
- ☐ I acknowledge that a Sportorthopädie Zentrum staff member is present to work with me to provide comfort in the event of any discomfort I may experience, but that the staff member may not be a trained health care worker (doctor, nurse or similar).
- ☐ If I have any doubts, concerns, or questions, I will, prior to undertake such treatment, see and obtain medical advice from a licensed physician.
- ☐ By signing I attest to the fact that I have fully read, understood and consented to this agreement in its entirety and to the treatment(s) in the mild hyperbaric chamber. I understand that by signing this I am assuming any and all risks associated with the administration of mild hyperbaric oxygen therapy. I agree not to hold Dr. Lanz and the staff of Sportorthopädie Zentrum liable for any harm I may associate with the treatment(s) in the mild hyperbaric chamber.

On request, I will receive a copy of the patient information. I can withdraw my consent at any time.

Date _____ Signature _____

CONSENT TO TREATMENT OF A MINOR:

I hereby authorize staff at Sportorthopädie Zentrum to administer mild hyperbaric oxygen therapy to:

Print child name: _____

Print guardian name: _____

Guardian's Signature: _____

Date: _____