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## **Instructions for Mild HBOT Use (Soft Chamber)**

### HBOT PRESSURIZATION

1. Attach oxygen concentrator mask.
2. Check to make sure pressurization valve is closed completely (turning the valve to the right).
3. Turn on oxygen concentrator. The model given to you is preset (at 10), no need to adjust any of the settings.
4. Turn on the compressor.
5. Have the patient and caregiver get in the chamber and close the interior zipper, making sure it is pushed as far as it can go. Next close the outer zipper. The chamber is preset and will first inflate with air then begin to pressurize. The bladder will become hard and the valve will begin to move from the 0 position slowly until it reaches 4.1. When it reaches 4.1 you will begin to here a hissing sound from the foot of the bladder which is the release valve. This is normal and should happen. There is constant airflow through the chamber during treatment.
6. At this point treatment begins.
7. If at any point in the pressurization the patient or caregiver feel their ears are bothering them you can slow down the pressurization by opening the valve by turning it to the left a couple times. You can hold at that pressure until they become more comfortable and continue pressurization more slowly (not shutting the valve all the way).

**\*\*\*\*\* We recommend pressurizing slowly for your first couple of sessions while the patient and caregiver get used to the chamber. The goal is to pressurize slowly enough so the patient and caregiver do not become too uncomfortable. It is not about how fast you get to pressure.\*\*\*\*\***

### HBOT DEPRESSURIZATION

1. Open the pressure valve until you see the pressure start to drop. The air should come out full force.
2. Watch the gauge to make sure you are not deflating too quickly. **You want the same pace as when pressurizing.**
3. Use the valve to control the speed of the decompression.
4. Begin to open the exterior zipper when the gauge reads .5 and control the zip by pressing down on it with your left hand while your right hand holds the ring.
5. Open the interior zipper and help the patient exit the bladder.
6. Turn off the oxygen concentrator and the compressor.