



Hyperbaric Oxygen Therapy (HBOT)

What to expect on your HBOT journey

You've made the decision to try hyperbaric oxygen therapy. This guide walks you through what it is, what the research says, what a session feels like, and what to expect along the way.

Hyperbaric oxygen therapy (HBOT) works by having you breathe in a

pressurised chamber. The added pressure helps your body absorb more oxygen than usual, and carry it to tissues that need it most.

It's a simple, non-invasive process. Most people find it relaxing once they settle in

A NOTE BEFORE YOU START

Hyperbaric therapy is a course of care, not a quick fix. The information in this guide will help you understand the journey ahead, so you know what to expect at every stage.





THE RESEARCH – What the evidence tells us

Hyperbaric oxygen therapy has a growing body of research behind it. New studies are added to the evidence base all the time, covering everything from wound healing to brain health. Here's a plain-language look at where the current research is focused, grouped so it's easy to take in.

BRAIN AND COGNITIVE HEALTH

Studies are exploring HBOT's role in concussion recovery, stroke rehabilitation, memory and cognitive function, migraine, and age-related conditions such as Alzheimer's and Parkinson's.

PAIN, MOBILITY AND RECOVERY

Research covers chronic pain conditions like fibromyalgia, arthritis and degenerative disc disease, along with recovery after sports injuries and surgery.

HEALING AND TISSUE REPAIR

This is where HBOT has the longest track record: wound healing, bone healing, nerve and tissue regeneration, and repairing damage left behind after radiation treatment.

SLEEP, MOOD AND ENERGY

Emerging research looks at sleep quality, chronic fatigue, anxiety, low mood and PTSD, particularly for people whose sleep or energy has been disrupted for some time.

WHOLE-BODY WELLNESS

Broader areas of interest include inflammation, circulation, immune support and general recovery capacity. This is general information, not a promise of what HBOT will do for you. Everyone responds differently, and research in this space continues to evolve.

Curious about a specific condition?

Ask your practitioner, or explore the full research library at hyperbaricexperts.com/latest-research





How protocols work

Most researched protocols are based on a minimum of 10 to 20 sessions before meaningful change is expected. Many have people complete 40-100 sessions. Prominent researchers in this space include Dr Paul Harch, who recommends starting with 40 sessions.

One session on its own is unlikely to make a noticeable difference. HBOT works cumulatively, session by session. We recommend coming in with a clear outcome in mind, so we can track your progress against it together.

IN THE CHAMBER – What a session actually feels like

As the chamber pressurises, you'll feel a sensation in your ears, similar to what you feel when a plane takes off or lands. Most people adjust easily within the first few minutes.

Once you're at pressure, you settle in. Sessions typically run 60 to 90 minutes. You can read, rest, or simply close your eyes. The chamber will then depressurise at the end and you may feel a mild ear popping sensation.

Our team are within earshot throughout. If your ears feel excessively uncomfortable at any point, tell us straight away. We'll slow down or pause the pressure change until you're comfortable again. You're always in control, and you can ask to stop or step out at any time.

COMMON, AND USUALLY MILD

- Ear or sinus pressure, similar to flying. This affects around 1 in 10 people and settles quickly once you know the techniques to equalise.
- A sense of warmth as the chamber pressurises, and cooling as it depressurises. Blankets are on hand if you'd like one.
- A mild feeling of confinement for some people early on. Unlike an MRI, you can move freely and let us know at any time if you'd like to come out.

PLEASE TELL US IF, ON THE DAY

- Anything about your health or medications has changed since your last visit.
- You have a cold, flu, or sinus or chest congestion.
- There's a chance you could be pregnant.
- You've skipped a meal, or (if you're diabetic) haven't taken your insulin.
- You're feeling any anxiety about your session. We're happy to talk it through.

FREQUENTLY ASKED QUESTIONS

How many sessions will I need/ how often should I come?

We recommend starting with a block of 10 sessions, ideally at least twice per week, to allow you to assess change more quickly. However, if once a week is what you can realistically manage, that can still be worthwhile. Clients often attend weekly for a period and have noticed benefits from using HBOT consistently over the longer term. After your initial block/s a realistic schedule may be weekly sessions, occasional top-ups or another focused treatment block. Results vary, and recommendations will depend on your goals, health and response.

Is it safe?

Yes. HBOT has an excellent safety record and is a gentle, non-invasive therapy. The most common thing people notice is mild ear or sinus discomfort, which you can relieve through equalisation.

Anything I should avoid beforehand?

Please avoid smoking and strong perfumes or scented products for an hour either side of your session, as odours are more noticeable inside the chamber.

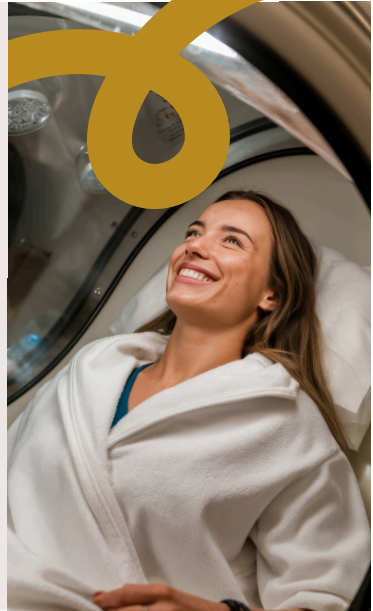
STAYING ON TRACK

Let's check in, every 10 sessions

Because HBOT works cumulatively, we build a short check-in into your program after every 10 sessions.

It only takes 10 minutes, by phone or in person, whichever suits you. We'll talk through how you're tracking against the outcome you came in with, answer any questions, and adjust your plan if needed.

This is included as part of your HBOT care, and it's the best way for us to make sure your sessions are working towards what matters to you.



READY FOR YOUR NEXT STEP?

Speak with our team to book your HBOT sessions and your first 10-session check-in.

P 07 4231 9777 **E** admin@wellnessembodiedcairns.com **wellnessembodiedcairns.com**