

# THE NORTHWEST WELLBEING HUB



## HYPERBARIC OXYGEN THERAPY **PRE & POST SURGERY**

### KEY POINTS

- Enhanced wound healing
- Reduced risk of infection
- Decreased inflammation and swelling
- Preservation of compromised tissues
- Improved recovery and pain management

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## PRE & POST SURGERY

1. Enhanced wound healing: HBOT can significantly improve wound healing by increasing oxygen levels in the bloodstream. This increased oxygenation promotes angiogenesis (formation of new blood vessels) and supports tissue regeneration, ultimately accelerating the healing process. Pre-surgery HBOT sessions can prepare the body by optimizing tissue oxygenation, while post-surgery HBOT can help facilitate healing and reduce the risk of complications.

2. Reduced risk of infection: Infection is a common concern after surgical procedures. HBOT has antimicrobial effects and can help fight certain types of bacteria. By delivering high concentrations of oxygen to the tissues, HBOT can create an environment that inhibits bacterial growth and reduces the risk of post-surgical infections. This benefit can contribute to better surgical outcomes and faster recovery.

3. Decreased inflammation and swelling: Surgery often leads to inflammation and swelling in the affected area. HBOT has anti-inflammatory effects and can help reduce post-surgical inflammation. By modulating the immune response and decreasing swelling, HBOT may alleviate discomfort, promote tissue healing, and facilitate a smoother recovery process.

4. Preservation of compromised tissues: In cases where surgery involves tissues with compromised blood supply or those at risk of damage, HBOT can help preserve these tissues. By providing high oxygen levels, HBOT supports cellular metabolism, promotes tissue viability, and reduces the risk of tissue loss. This benefit is particularly relevant in reconstructive surgeries or procedures involving tissues with compromised vascularity.

5. Improved recovery and pain management: HBOT can aid in post-surgical recovery by promoting overall healing, reducing pain, and enhancing the body's natural healing mechanisms. It can support the repair of damaged tissues, alleviate discomfort, and potentially reduce the need for pain medication. By accelerating the recovery process, HBOT may help individuals regain functionality and return to normal activities more quickly.



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