



HOW TO GET THE MOST OUT OF YOUR OXYGEN THERAPY

Before starting oxygen therapy you should expect to commit to an initial course of fifteen to twenty sessions. You will usually have one session per day, over the course of three to five days over a period of around four weeks. Your first sessions start at the lowest pressure, P2, working up to the highest level in which you feel comfortable. Occasionally it isn't feasible to attend everyday and in those instances we would work with you to organise sessions as close together as possible to increase the potential effectiveness of the therapy.

When in the chamber wear comfortable, loose fitting clothes. Some of our members find it beneficial to wear layers as the chamber can become quite warm during the course of a session and can then become quite chilly during decompression.

When the pressure increases in the chamber you may need to equalise your ears, just as you would on an aeroplane. There are a number of ways to do this;

- Swallow; this is usually the most effective method
- Blowing your nose, while holding it and your mouth closed
- Move your jaw from side to side, then forward and back
- Try to force a yawn
- Taking sips of water; you will need to bring a plastic container of still water with you

Don't worry if you can't clear your ears at first, let the operator know straight away and they will slow, or stop, the pressurisation. The operator, and the other occupants of the chamber, will always be on hand to help you.

As you will be wearing your mask for the entirety of the session it will be difficult to talk and the noise will make it tricky to hear. Most people listen to something through their headphones or read a book to keep themselves entertained. You can bring your mobile phone, tablet or laptop into the chamber; but we do recommend you download any programmes you'd like to watch beforehand. There is free Wi-Fi in the Centre, so you could do a spot of online shopping to pass the time.

If you have any questions, Angela, or any other team member will be happy to help.