Dermatology and Hyperbaric Oxygen Therapy

Effects of Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy (HBOT) is a medical treatment by which oxygen is administered at greater than normal pressure to a patient in order to treat specific medical conditions. Long established as the primary therapy in the treatment of medical disorders such as carbon monoxide poisoning and gas gangrene, HBOT is now increasingly being used on an adjunctive basis in the management of a variety of disorders refractory to standard medical and surgical care.

HBOT increases the tissue oxygen levels. This produces several important long-term therapeutic effects.

- Enhances antibiotic effectiveness
- Delivers oxygen to tissues up to 15 times normal levels
- Stimulates the production of body stem cells
- Boosts immune system function
- Decreases swelling and inflammation
- Helps the body clear toxins and increase the body’s ability to fight infection
- Promotes regeneration of injured tissues
- Decreases ligament and tissue healing time

Psoriasis — Shalhtmeister and Savrasov (1987) have used HBOT as an adjunct to phototherapy in treatment of 45 patients. The treatment was well tolerated and the course of the disease was shortened as compared with the results of conventional treatment. The average duration of remission of the disease was 1.5 years. — Textbook of Hyperbaric Medicine, 5th Revised and Updated Edition, K.K. Jain, MD, Chapter 15, page 176

“I agree that HBOT is not indicated for every post-operative patient but there are times when I feel it is of a great value. I have had a few patients that were smokers and refused to quit before their face lift. In general smoking and face lifts do not mix because there is a significant increase risk of problems with wound healing. I agreed to operate on the condition that they receive hyperbaric therapy after surgery. None of the patients had problems with healing and I partly attribute this to HBOT.” — Dr. Leslie Stevens, Plastic Surgeon, Beverly Hills, CA, January 11, 2011

Call Today for a FREE Consultation

Clinical studies are proving that HBOT complements traditional medical techniques, allowing many with chronic pain or illness to heal faster and find comfort.

In the United States, HBOT is approved by the FDA for 14 indications. Internationally, HBOT is used for many more conditions. These international indications are supported by strong scientific research and clinical evidence that provide very robust substantiation for its use.
After undergoing extensive open back surgery that involved five vertebral discs, my recovery was unremarkable but still entailed a great deal of post-op pain and stiffness. I began twice-daily HBOT treatments 18 days after surgery. The benefits that I experienced were extremely fast healing of my large surgical incision and the ability to significantly decrease the heavy doses of medication needed to control pain. Each succeeding day of treatment brought added relief from pain and stiffness. After a total of eight days in treatment, my improvement was so substantial that I was functionally a different person. I would recommend anyone recovering from surgery should strongly consider HBOT as a route to accelerating recovery and the healing process.

BioMed Central — Journal of Medical Case Reports, August 10, 2009
A 55-year-old man was referred for HBOT for management of chronic bilateral leg ulcers and osteomyelitis. In addition, he had extensive psoriasis vulgaris. He had a long history of psoriasis vulgaris, which had been diagnosed by skin biopsy and followed by a dermatologist. His current medications at the time of admission to the hyperbaric department were topical mineral oil, Eucerin Calming Creme, and diphenhydramine 50 mg three times a day. He had erythema, and his skin was scaling and itching. He underwent daily HBOT at 2 atmospheres for 90 minutes, once a day (five days per week). After six sessions his erythema, scaling and itching were reduced in severity, and after 15 sessions he had improved further. No adverse effect was reported with the use of HBOT. The results presented here demonstrate the effectiveness of HBOT in alleviating signs and symptoms of psoriasis. No adverse effects were reported during or after treatment with HBOT.

Excerpt from Hyperbaric Treatment for Shingles, by Ronald Kimmons, eHow Contributor
By surrounding the body with compressed oxygen, hyperbaric chambers allow the body to absorb much more oxygen per breath as well as absorb oxygen directly through the skin. This causes the blood and other cells of the body to become rich with oxygen, which in turn allows them to perform the body's healing and immuno processes more quickly. Additionally, when the body becomes infected by microbes that are anaerobic in nature, this increased level of oxygen alone can result in death of the antibiotics. In the case of shingles, the increased oxygen levels help the body to quickly kill the viruses causing shingles and repair damage done by the shingles rash. Coupled with other methods of treatment, HBOT can drastically reduce the recovery time for a shingles patient.

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Testimonials and Case Studies

Wilma — “Recently I wanted to have some plastic surgery done and I had heard that hyperbaric treatments would help in the healing process … After consulting with my doctor, I had five treatments before surgery and 10 after. The hyperbaric treatments helped tremendously in the healing process … It was a very positive health care experience for me. My healing time was reduced tremendously.”

Laurie — “I am writing to express thanks to you and the hyperbaric chamber. My seven-year-old daughter was attempting to catch up with her friend while going downhill on a razor/skateboard. She lost control and found herself skidding along the asphalt on the left side of her body, including her face. Unfortunately, even though it was a firm rule, she wasn’t wearing her helmet and the damage to the side of her face and chest was extensive. Although she did not require stitches, I was concerned about scarring on her face as well as her chest. Since I had recently heard about hyperbaric therapy, I was hopeful that it could be the answer … She actually enjoyed being in the chamber, laying back and watching movies. I was amazed at how quickly she healed just after a few sessions. An interesting thing happened at my daughter’s school. A teacher took one look at her injured face and told us that her injuries looked just like his son’s who had fallen three weeks prior. We informed him that her accident took place less than one week before; we credited the hyperbaric therapy for her quick recovery. It is now less than three months since her accident, and she has healed up perfectly. There is almost no sign that she was ever injured.”

Phil — “The whole concept made sense to me. Scientifically trained, with a 30-plus-year career in research and development, I was aware of the benefits of Hyperbaric Oxygen Therapy. I had also followed the success stories of professional athletes being treated for injuries with HBOT. After undergoing extensive open back surgery for Shingles,

www.sdc4hbot.com
Herpes Zoster
The therapeutic efficacy in the control group was 81.25%, which was significantly lower than that (97.22%) in the HBOT group.

Conclusion: HBOT can significantly enhance therapeutic efficacy, relieve pain, accelerate herpes blister healing and lesion resolution, reduce the percentage of patients developing PHN and improve depression in patients with herpes zoster.