

**HCL**  
HOSPICES CIVILS  
DE LYON

**HÔPITAL  
EDOUARD  
HERRIOT**

# HYPERBARIC MEDICINE CENTER

The Hyperbaric Medicine Center at Edouard Herriot Hospital in Lyon is the only facility of its kind in the Auvergne-Rhône-Alpes region.

Since 2015, the installation includes two chambers (16 seats) that allow for the treatment of a large number of patients, either seated or lying down, from a healthcare area covering 15 departments.

In 2024, the team consists of :

- 10 doctors
- 1 healthcare manager
- 13 nurses
- 1 secretary

All are specialized in Hyperbaric Medicine for adults and children.



## Hyperbaric Oxygen Therapy (HBOT)

HBOT involves breathing pure oxygen through an individual face mask in a sealed chamber under pressure higher than atmospheric pressure. This increases the amount of oxygen dissolved in the blood plasma, resulting in the desired therapeutic effect on various body tissues, thereby bringing about beneficial effects.

The indications for HBOT are very varied and validated by the Haute Autorité de Santé (HAS). Some are well-known, such as diving accidents. Others pertain to chronic conditions, for example :

- Certain chronic wounds with delayed healing.
- Tissue damage post-radiotherapy.
- Skin grafts in at-risk areas.

HBOT is also used as treatment in emergency situations:

- Carbon monoxide poisoning.
- Certain acute hearing losses.
- Gas embolism.
- Soft tissue infections.



## Your first appointment Upon arrival

You will have a consultation with the doctor who will determine the absence of any medical contraindications and establish your treatment protocol. You will also be informed of any possible side effects related to the treatment. Please inform the doctor of any potential pregnancy.

The session schedule will be set in advance, taking into account your requirements and those of the service.

This will be an opportunity to arrange any necessary transport, prescriptions, etc.

**A consent form will be provided to you during your first session. A satisfaction questionnaire will be given to you around the 10<sup>th</sup> session.**

## Your HBOT Session

The hyperbaric chambers are equipped with portholes, speakers, and cameras, allowing for constant monitoring and communication with the healthcare team responsible for your care and comfort.

**A session lasts 105 minutes, typically occurring daily, and consists of three phases:**

- Pressurization ( $\pm$  20 minutes)
- Treatment phase (90 minutes)
- Decompression ( $\pm$  10 minutes)

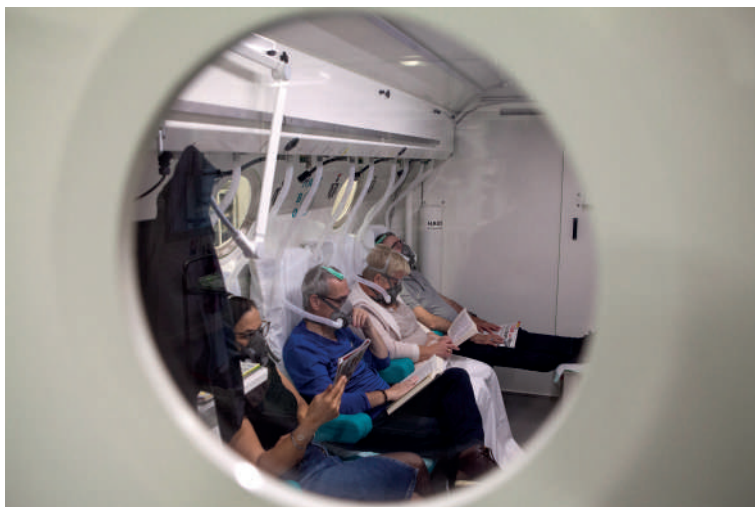
The air compression phase produces noise and an increase in temperature inside the chamber.

During the first 20 minutes of the session, it is necessary to regularly (at least once per minute) perform the ear equalization maneuvers that have been explained to you:

- Yawning is the first technique to use.
- Swallowing saliva or a little water.
- The Valsalva maneuver (gently blowing with your mouth closed and nose pinched).

During the session, you can read or write (with a pencil). You must keep your face mask on at all times during the session.

You may feel cold during the decompression phase.



## Advice and Organization

It is not necessary to suspend your medication unless under specific conditions, which will be discussed with you by the doctors. You do not need to follow any special diet. Before each session, it is advisable to have a snack and go to the bathroom.

Sessions are held collectively, so punctuality is important. Please inform us in case of delay or inability to attend [\(04.72.11.00.31\)](#).

You must be present 10 minutes before the session. In case of a priority emergency, your appointments may be rescheduled.

If you notice any abnormalities during the sessions regarding your ears, eyes, teeth, digestive system, or breathing, please inform the healthcare team.



## Safety Requirements

Some items must never be brought into the chamber, such as:

- Electrical and electronic devices (mobile phones, car keys, music players, electronic games, watches, computers, batteries, etc.)
- Fats and greasy substances
- Lighters and matches
- Flammable and volatile products, aerosol sprays
- Clothing and static electricity: avoid fleece and nylon, prefer cotton

Prohibited items will be placed in designated lockers and returned at the end of the session.

Avoid wearing facial makeup.

For any further information:

[heh.hyperbare@chu-lyon.fr](mailto:heh.hyperbare@chu-lyon.fr)

24/7 Reception Phone: **04 72 11 00 31**

FAX: **04 72 11 10 96**

Secretary (morning): **04 72 11 11 34**

**The staff of the Hyperbaric Medicine Center wishes you a pleasant stay and remains at your disposal.**

**Hôpital Edouard Herriot**  
3 Place d'Arsonval  
69003 - Lyon

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