



**Compass
Therapy
Centre**

**Oxygen
Therapy Good
To Know Guide**



Introduction

This booklet contains important information about the Oxygen Therapy treatment you are about to begin. Please read it thoroughly before you attend for your first session. If you have any questions, please contact us and we'll be happy to answer them.

What is Oxygen Therapy?

Oxygen Therapy (Hyperbaric Oxygen Therapy) is a safe, well-established treatment we've been delivering for over 40 years. Breathing higher than normal levels of oxygen in a pressurised chamber helps your body heal, recover, and restore energy. It's often used alongside other therapies for maximum benefit.

What Are the Benefits?

Oxygen Therapy saturates the body with oxygen, increasing oxygen in your bloodstream, improving blood flow, supporting tissue and organ repair, boosting your immune system, and helping your body clear toxins. Clients often report more energy, clearer thinking, improved sleep, reduced pain, improved healing and faster recovery.

What Conditions Can It Help?

We support people with a wide range of conditions, including:

- Neurological – MS, ME/CFS, Fibromyalgia, Stroke, Long COVID, Migraine, Cluster headaches, Traumatic Brain Injury, Parkinsons, Lyme Disease and more.
- Long-term conditions – Crohn's, Colitis, and more.
- Wound healing – surgical wounds, skin grafts, leg ulcers.
- Recovery – after illness, injury, or cancer treatment.

How Does It Work?

You sit comfortably in our chamber and breathe 94-98% oxygen through a mask while the chamber is gently pressurised. This pressure allows your body to absorb more oxygen than usual, helping it repair and perform at its best.

Oxygen Therapy Protocols

Your treatment plan will be tailored to your needs following a suitability assessment. Most clients start with an intensive Initial Protocol followed by a Maintenance Protocol with regular sessions to keep oxygen levels topped up.

Initial Protocol (Saturation)

Your initial treatment protocol will specify the pressure level that is right for you and the number of sessions you'll need to have within a certain period to make sure your body is saturated with oxygen. This varies from client to client but usually involves a minimum of 3 sessions per week over a 3–5-week period. This initial protocol is intensive but it is essential that you complete it for you to achieve the best results.



Maintenance Protocol

Once your initial protocol is complete, it's important to maintain your oxygenation levels with regular maintenance sessions in the chamber. This will help you experience the best outcomes. Our Oxygen Therapy team will advise on the frequency and pressure level that's right for you to maintain the benefit of your treatment.

***Compass does not provide medical advice, diagnose health conditions, or prescribe treatments. Access to, and participation in our oxygen therapy service is based on an assessment of the self-declared information you have provided on your client registration regarding your condition, symptoms and medications. Your treatment protocol is based on existing evidence within the field of hyperbaric medicine. These procedures ensure we have mitigated, where possible, any risks.**

Preparing for Your First Session

- Avoid caffeine, smoking, and dairy before your session.
- Eat a light meal beforehand.
- Wear loose, comfortable layers.
- Arrive 20 minutes early for forms and to get settled.
- Allow around 75 minutes for your first visit.



Arriving at the Centre

You'll be welcomed by our friendly team, shown around. Before your session begins, the Chamber Operator will fit your mask and give you a safety briefing.

During Your Session

Relax in the chamber and breathe normally. You can use any devices in flight mode and the Operator will be on hand throughout for your comfort.

After Your Session

Our team will book your next appointment and answer any questions you may have.

Common Questions

Will someone help me with my mask?

Yes – we'll show you how to fit it and help if needed.

What if I feel uncomfortable?

You can speak to the operator at any time via intercom.

Do I need to breathe differently?

No, just breathe normally and relax.

What will I feel?

You may notice a gentle change in ear pressure, similar to being on a plane.

Can I join if I'm late?

No. Sessions start promptly, so please arrive early to avoid missing out.



When Should You Not Have Oxygen Therapy?

Oxygen therapy is very safe, but in general, you should NOT have this treatment if you:

- Are pregnant
- Have heart failure
- Have a pacemaker
- Have a collapsed lung, or certain lung conditions
- Have a history of inner ear problems/sinus problems
- Have a history of epilepsy
- Have a history of panic attacks/anxiety
- Are claustrophobic
- Take certain chemotherapy drugs
- Take the drug disulfiram (Antabuse)
- Use the topical cream Sulfamylon
- Take blood thinning medication such as Warfarin.
- Have a cold, fever, or seasonal allergies as this could increase the risk of ear pain.

What Are The Potential Side Effects & Risks of Oxygen Therapy?

As well as benefits, Oxygen Therapy can cause some side effects and carries certain risks that you should be aware of before starting your protocol. These are very rare and the procedures we follow are designed to minimise them.

Fatigue

Some people experience fatigue during their treatment protocol. This is normal and will resolve over time as the body gets used to the increased oxygenation.

Numbness

Some people notice numbness in their fingers. This is temporary and will subside.

Pain

Some people (particularly those living with Arthritis / Fibromyalgia) may experience intensification of pain during the initial stages of their protocol. This will resolve over time.

Seizures

Oxygen therapy may lower the seizure threshold and cause seizures in people with previously stable epilepsy. If you are epileptic or taking medication to control seizures, you must tell us.

Serousotitis

When breathing high concentrations of oxygen, fluid can sometimes accumulate in the ears causing a muffled feeling. This can usually be eased with decongestants. If symptoms persist it may be necessary to stop Oxygen Therapy altogether.

Opticneuritis

There have been very occasional reports of people with optic neuritis experiencing a deterioration in vision when receiving Oxygen Therapy. It should be used with caution in clients with this condition.



Prescribed Medication

Certain medications DO NOT react well to Oxygen Therapy. It is important that you tell our staff what medications you are taking when you have your initial suitability assessment and of any changes in your medication as your treatment continues.

Any Questions?

If you have any questions about Oxygen Therapy after reading this leaflet, please contact us and we'll be happy to answer them.

Phone Us: 0131 554 5384

Email Us: hello@wearecompass.org.uk





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“Compass Therapy Support Community” is the working name of the Neuro Therapy Place, a Scottish Charitable Incorporated Organisation (SCIO), Charity No SC122837