



BSA Advanced Wound Care & Hyperbarics

Thank you for choosing BSA Advanced Wound Care & Hyperbarics!

At BSA Advanced Wound Care & Hyperbarics, we are dedicated to providing the highest level of care, service, and dignity. Our team of board-certified physicians in wound care and hyperbarics is at the forefront of medical advancements in the Panhandle and surrounding areas.

We warmly welcome you and aim to provide essential information to enhance your patient experience. Our mission is to guide you with care and attention before, during, and after your appointment, ensuring you feel connected to our entire team of physicians, technicians, front office staff, and everyone you encounter at BSA Advanced Wound Care & Hyperbarics. We are here to support you every step of the way.

We treat wounds associated with a variety of conditions, including:

- Diabetes
- Pressure Ulcers
- Trauma
- Non-healing Surgical Sites
- Immune Disorders
- Cancer
- Burns
- Bites
- Vascular Disorders

**For more information,
please call 806-212-4700
or scan the QR Code.**



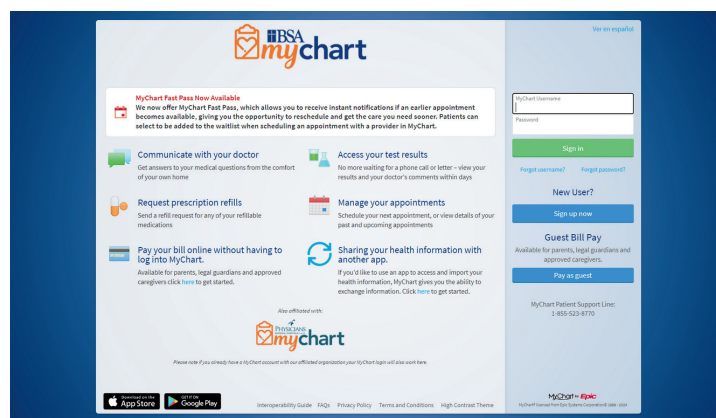


Preparing for your appointment

Register in advance with BSA Advanced Wound Care and Hyperbaric Medicine in MyChart.

With pre-registration features in MyChart, you can complete a large portion of your registration by verifying personal information, adding insurance information and providing your primary care physician's name.

MyChart can aid the check-in process for your appointments and allows you to take charge and manage your health information.



If you do not have MyChart, please call 806-212-4700.



Terms you may hear in our clinic

Biofilm:

A complex structure of bacteria and proteins that form a protective layer over the bacteria to aid in protecting them from antibiotics and the environment.

Slough:

Dead, dying skin and body tissues that have served their purpose in helping a wound to heal, but no longer play a role in healing.

Debridement:

The removal of dead, dying, damaged, or unhealthy tissue and biofilm to improve the healing of the remaining tissue. Wounds tend to heal faster if unhealthy or dead tissue is removed.

- Dead, non-viable tissue can hide and/or trap bacteria and fungus, leading to infection.
- Wounds with infected tissue or dead tissue take longer to heal.
- Removing dead, nonviable tissue from the wound and area around it promotes a healthier environment and faster healing.



Wound Care at Home

At times, there will be Home Health nurses involved to help you with wound care needs during the week. Other times, you will do your own wound care at home.

If you have home health, they will take care of your wound care for the week and change dressings, clean the wound(s) and follow orders sent by the doctor.

Please keep the following in mind:

- If you elect to dress your own wound, there will be a series of instructions to follow.
- The area where the dressings will be changed must be cleaned to avoid contaminating the wound.
- You will need to wash your hands with soap and warm water before and after dressings are changed.
- Have a clean pair of scissors, preferably without a point, for wound care use **ONLY**.
- Clean scissors before and after each use with alcohol.
- Keep dressings and supplies in a plastic bag to prevent losing them and keep products clean.
- Dispose of soiled and dirty material to prevent the spread of bacteria.



Offloading pressure to help wounds heal

Feet

- We will use either felt or foam donuts to offload the area on your feet and toes to prevent pressure from walking or wearing shoes. Sometimes, a “surgical shoe” will be necessary to help off-load pressure from certain areas of the foot.
- A foam donut is a softer offloading device used in some areas with only a minimal amount of pressure, including extremities where thick dressings are not ideal.

Bottoms/Backs:

- Bottoms and backs are routinely more difficult to prevent pressure injury.
- We may suggest special cushions for people who are immobile, use wheelchairs or spend the majority of their time in a chair. At times, those who spend time in chairs or recliners might need neck pillows, like for airplane use.
- People who are immobile or have suffered from a spinal injury might require an “air mattress” or “air overlay,” a more extensive device which relieves pressure when lying down.



How to manage swelling

There are many causes of swelling that can prevent wounds from healing.

- If there is swelling in your legs, the doctors will likely conduct tests to determine the reason for the swelling. They will typically order ultrasounds of the legs to observe vein and artery function.
- The treatment for swelling is usually some form of compression, which will stay on for a week or be changed three times a week. It can feel very tight at first, but the sensation of pressure and uncomfortable feeling subsides within a few hours.
- When you are not active, keeping your legs elevated is essential to reduce swelling.
- If compression wraps fall or slip, call your home health agency or our office as soon as possible.

Please do not cut compression wraps off unless there is an emergency.



Hyperbaric Oxygen Therapy for wound care

What is Hyperbaric Oxygen Therapy?

Hyperbaric Oxygen Therapy (HBOT) is a medical treatment that involves breathing 100% pure oxygen in a pressurized chamber. This therapy enhances the amount of oxygen your blood can carry, which can help promote healing in damaged tissues and improve your body's ability to fight infection.

How Does HBOT Work?

During HBOT, you will breathe 100% oxygen while inside a hyperbaric chamber, where the pressure is increased to greater than normal atmospheric levels. This elevated pressure allows your lungs to absorb more oxygen, which then dissolves into your bloodstream. This increased oxygen supply helps:

- Stimulate the growth of new blood vessels
- Enhance the function of white blood cells to fight infection
- Promote the repair of damaged tissues
- Reduce swelling and inflammation
- Accelerate the healing process

HBOT is used to treat a variety of advanced wound care conditions, including:

- **Chronic Non-Healing Wounds**, such as diabetic foot ulcers and pressure sores.
- **Radiation Injuries** related to cancer treatments.
- **Burns**, especially severe or deep burns.
- **Infections**, including certain types of bone infections (osteomyelitis) and severe soft tissue infections.
- **Skin Grafts and Flaps** to enhance healing and integration of transplanted tissues.



What to expect during HBOT treatment

Preparation: Before starting HBOT, you may need to change into approved clothing and remove any items that can potentially be harmful in a high-pressure environment, such as electronics or flammable substances.

The Session: You will enter a hyperbaric chamber, breathe normally and relax while the chamber is gradually pressurized. Treatments usually last between 90 to 120 minutes, depending on your condition.

Post-Treatment: After your session, you may feel slightly fatigued or experience temporary changes in your hearing. These effects are typically mild and resolve shortly after.

Frequency and Duration: The number of sessions required depends on the severity of your condition and your overall health. Your healthcare provider will recommend a treatment plan tailored to your needs. Some patients may require daily sessions for several weeks, while others may need fewer sessions.

Benefits of HBOT:

- Enhanced wound healing: accelerates the repair of chronic or non-healing wounds.
- Reduced risk of infection: helps to combat infections and prevent complications.
- Improved quality of life: can reduce pain and improve mobility in patients with chronic wounds or severe injuries.

Possible Side Effects and Risks: HBOT is generally safe, but like any medical treatment, it may have potential side effects or risks, including:

- Barotrauma: Damage to the lungs or ears due to changes in pressure.
- Oxygen Toxicity: Rare but can occur if exposed to high levels of oxygen for prolonged periods.
- Claustrophobia: Some patients may feel anxious in the enclosed space of the chamber.

*[*Your healthcare provider will discuss these risks with you and take necessary precautions to ensure your safety and determine if HBOT is appropriate for you.](#)*