Home Care after Hyperbaric Oxygen Treatment of Carbon Monoxide Poisoning

You have been treated for carbon monoxide poisoning at The Ohio State University Medical Center in the Hyperbaric department. There are usually no adverse effects or problems with this treatment. However, we strongly recommend these guidelines be followed:

- Rest for the next 24 hours. It is perfectly normal to feel fatigued after a hyperbaric treatment.
- Avoid heavy exertion, exercise or other unnecessary activity. You may return to work on _________________.
- After treatment, some patients may think that their ears feel full or stuffy. This is a result of a small amount of fluid build-up in the middle ear. You may take an over the counter decongestant such as Sudafed, Actifed or Afrin. Follow the instructions in the medicine package. If this problem persists for more than 48 hours, please call your personal doctor.
- In rare instances, patients may have so-called "late effects" after treatment for carbon monoxide. Please call the Hyperbaric Department at (614) 293-5551 if you have any of these signs:
  - Headache that is not relieved by over the counter pain medicine such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), naproxen, or aspirin.

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Changes in vision
Severe pain in your ears
Nausea or vomiting
Difficulty concentrating
Clumsiness, difficulty walking
Numbness and tingling of your arms and legs

• If your family members or friends notice changes in your personality or behavior, please call the Hyperbaric Department at (614) 293-5551.

• If you are on prescription medicines from your personal doctor, you may continue to take these as directed.

• After an exposure to carbon monoxide, it is important to correct the possible source of the poisoning. If the home was involved, please make sure that it is well ventilated and that a trained service person corrects the problem as soon as possible. Do not stay in your home until the problem can be fixed.

• If you have questions or develop any of the symptoms mentioned, please call the Hyperbaric Department at (614) 293-5551.

Patient Signature: ________________________________
Date: ______________________ Time: ________________
Instructed by: ____________________________________

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.