

Hyperbaric oxygen

Type	Safety	Efficacy	Recommended?
			
Physical intervention	Evidence of harm	Evidence that it has no effect	No

In detail:

Claims for treatment	The increased supply of oxygen to the ear and brain reduces the severity of hearing loss and tinnitus.
What is the treatment?	The person sits in a small airtight chamber, and air pressure is increased to three times higher than normal pressure for 60-120 minutes. Typical courses involve 20-40 sessions.
What are the downsides of this treatment?	<p>This treatment is associated with some risk, including damage to ears, sinuses and lungs from the effects of pressure, temporary worsening of short-sightedness, claustrophobia and oxygen poisoning¹.</p> <p>Cost, as treatment is only available privately.</p>
Has there been research into this treatment?	Yes, including a Cochrane review ¹ .

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

What does the research say?	The significance of any improvement in tinnitus could not be assessed. There were no significant improvements in chronic tinnitus (tinnitus experienced for over six months) ¹ .
How high quality is the research?*	A
Tinnitus UK's opinion on this treatment:	This therapy does not benefit patients with chronic tinnitus. There is no evidence to show whether this therapy benefits newly diagnosed patients.
Would Tinnitus UK support further studies into this treatment?	Unlikely, unless a high quality, large scale study
Comments	More randomised, placebo-controlled, double-blind studies with large sample sizes are needed to confirm the effectiveness of hyperbaric oxygen therapy for tinnitus patients. Uniform, validated, tinnitus-specific questionnaires and measurement scales should be used in future studies.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 1 November 2022 unless noted.

1. Bennett MH, Kertesz T, Perleth M, Yeung P, Lehm JP. Hyperbaric oxygen for idiopathic sudden sensorineural hearing loss and tinnitus. Cochrane Database of Systematic Reviews (2012) Issue 10. Art. No.: CD004739. DOI: 10.1002/14651858.CD004739.pub4

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Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

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