



Low Level Laser Therapy & episiotomies clinical research

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Contribution of phototherapy to the treatment of episiotomies. Kymplova J, Navratil L, Knizek J.

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OBJECTIVE: The purpose of this study was an objective consideration of possible benefits of phototherapy implemented with therapeutic laser or possibly polarized light in treating episiotomy, which is the most frequent obstetric intervention. **MATERIALS AND METHODS:** In the present study, the authors treated a total of 2,436 women. The light sources were as follows: a laser of a wave length 670 nm, power 20 mW, with continuous alternations of frequencies 10 Hz, 25 Hz, and 50 Hz, a polarized light source of a 400-2,000 nm wavelength in an interval of power 20 mW and frequency 100 Hz and a monochromatic light source of a 660 nm wavelength and power 40 mW, with simultaneous application of a magnetic field at an induction 8 mT. **RESULTS:** The work demonstrated high healing effects with minimum secondary complications in the treatment of episiotomies using a therapeutic laser at an energy density of 2 J/cm². The application of polarized light at an energy density of 5 J/cm² also exerted favorable therapeutic effects.

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