

Low Level Laser Therapy of Sinusitis

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ABSTRACT

The authors have been monitoring influence of a therapeutic laser (LLLT), wavelength 830 nm, output 40 - 120 mW, on treatment of acute sinusitis in 194 patients in group I (consisting of 20 patients with diagnosis of sinusitis maxillaris unilat., bilateralis - 145, frontalis unilat. - 2, pansinusitis - 24 patients). Control group II consisted of 241 patients with the same diagnosis, treated without the use of a laser. Energy density applied on children was 1.6 J/cm^2 , 3 times every other day, on adults 2.5 J/cm^2 , 5 times every other day on every affected sinus. Laser probe was applied externally on the skin of frontal wall of the sinus. 30 patients were treated with laser only, 91 patients were treated with laser and antihistaminics, 73 patients were treated with laser, antihistaminics and antibiotics. A significant analgetic effect of laser irradiation was noticed in all groups, the number of punctures decreased substantially in comparison with group II, presumably thanks to release of outlets of the sinus and improved drainage, the time of treatment decreased significantly. No complications were noticed.

Key words: acute sinusitis, LLLT, 830 nm

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