

Episiotomy

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Contribution of phototherapy to the treatment of episiotomies.

Kymplova J, Navratil L, Knizek J.

Section of Radiobiology and Toxicology, Department of Radiology, University of South Bohemia, Ceske Budejovice, Czech Republic.

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.

TREATMENT OF EPISIOTOMY USING DIFFERENT FORMS OF PHOTOTHERAPY

Kymplova, J., Skopek, J., Navratil, L., Knizek J. Laser Centrum THERAP-TILIA, Prague, Czech Republic

Clinical section of the Department of Biophysics, 1st Medical Faculty, Charles University, Prague, VLA Hradec Kralove, Czech Republic E-mails: kymplova@atlas.cz; skopek@cesnet.cz; leos.navratil@atlas.cz Recently, we can see an increasing interest in the use of light therapy as a medical tool. It is a therapy with only minimal side effects and therefore it could be widely recommended. The problem is, that well developed and generally accepted medical protocols are not available. Broad variety of medical centers and private physicians use their own protocols, differentiate one from the other, based on more or less scientifically verified information. Gynecology and Obstetrics is one of the fields in which phototherapy is being used and the goal of our study was to make an objective review of the possible effectiveness of different types of phototherapy in this

field. Episiotomy has been chosen as the most common surgery in Obstetrix (as reported within almost 90 % of deliveries). Women giving birth were divided into four groups as follows: 1st group, as a control group, 2nd group, where polarized light of 400 - 2000 nm was used, 3rd group, in which monochromatic light (660 nm) and pulse magnetic field (8 mT, 100 Hz) were applied simultaneously, and 4th group with application of therapeutic laser (685 nm). Results of the study are summarized in the table :

Group	No of patients (n)	No of complications	
		(n)	%
Control	592	58	9,8 %
Polarized light	581	3	0,5 %
Combined therapy	715	8	1,1 %
Laser therapy	72	1	0,7 %

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