



HAIR DISORDERS

EFFICACY OF CONTROLLED BREATHING IN ENHANCING PAIN TOLERANCE IN HAIR TRANSPLANTATION

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Objective: Controlled breathing , as a component of various relaxation techniques has a complimentary approach in acute pain tolerance during injection of local anesthesia (LA) at donor site. The relevance of the technique as an adjuvant for pain tolerance is evaluated as a comparative study .

Methods: A prospective comparative study was undertaken between two groups undergoing hair transplantation under local anesthesia(LA) , of 30 patients each(ASA 1&2 health status)3. One group was educated and trained about the controlled breathing technique through visual demonstration and video demonstration prior to surgery , during local anesthesia at donor site- thepatients were asked to take deep breath and asked to hold and expire in a controlled manner during the injection and parameters were measured at 0,1,3,5 &10 minute Interval Other group who performed routine breathing was taken as control. Pulse, Blood Pressure , respiratory rate and oxygen saturation were tabulated, compared and analysed statsitcially. **Results:** The mean changes of vital parameters to acute pain such as Pulse , VAS score for pain and Objective patient comfort score were significantly reduced in test group as a result of controlled and relaxed breathing compared to control group.

Conclusion: our study results suggest that control breathing prior to hair transplantation, during LA injection at donor site results in better pain perception and procedure tolerance.

