

LASERS

LASERTHERAPY, AN INNOVATION IN HERPES ZOSTER

L. Aguayo⁽¹⁾ - M. Espinel⁽²⁾

Sistemas Médicos Universidad San Francisco De Quito, Manta – Manabí – Ecuador.⁽¹⁾ - Universidad Laica "eloy Alfaro" De Manabí, Manta – Manabí – Ecuador⁽²⁾

This retrospective study was done in San Patricio Medical Center, Manta, Manabí, Ecuador; the objective is to evaluate an innovating treatment with laser therapy in 214 patients attended in this medical center between 05-2016 to 12-2018 diagnosticated with Herpes zoster.

The chosen treatment was based on non-steroidal anti-inflammatory; calamine and zinc oxide cream, and an innovative treatment, the lasertherapy, it consists of a painless application of laser light in low power range over the affected zone. This scheme accelerates the recovery of the zone and nerve affected by herpes zoster through the photons emitted by the laser and its subsequent reabsorption through the skin and the blood circulation.

In this range of cases the predominant sex was female, the age fluctuates between 20 to 40 years (9,3%) 41 to 60 years (27,6%) 61 to 80 years (50%) and 81 and more (13,1%); in this study clinical forms presented by the patients were the intercostal localization (58,4%), extremities localization (24,3%) ophthalmic localization (16,4%) and other localizations (0,9%). Adding laser therapy to the conventional treatment overcame the expected results, since, the 98% of patients reached a satisfactory recover, allowing their return to their daily activities, in addition, the faster the treatment was initiated, the fewer sessions were applied.

Keywords: lasertherapy, herpes zoster, post- herpetic-neuralgic.





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