AN EFFECT OF THE LOW LEVEL LASER THERAPY (LLLT) IN THE PAIN REDUCTION AFTER THE PRE-BANDING ORTHODONTIC SEPARATION

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ABSTRACT

The aim of the study was to evaluate the efficacy of the Low Level Laser Therapy in the pain reduction in patients undergoing pre-banding orthodontic separation. Thirty orthodontic patients of age 13-32 years were selected; separators placed between the mesial and the distal surfaces of the first molar on the right and the left side. It was a split mouth study where in one quadrant - LLLT (830nm) exposure and in the other quadrant blue light cure (430-490nm) exposure was given. Visual analog scale was used to grade the degree of pain. Results showed that LLLT had a considerable effect on pain reduction after 24 hours compared to the quadrant that was exposed to LED light as placebo. The effect of laser irradiation was less pronounced in females compared to males. The VAS pain assessment scale had a mild variability across the individuals. Even though the study proved the effectiveness of LLLT in pain reduction, we recommend that further studies should be carried out with large sample size along with laser irradiation with increased frequency to support the results of this study. The role of LLLT in pain reduction was proved to be effective and pain reduction by LLLT was much pronounced in males than in females.

KEYWORDS: Orthodontics, Separator & Laser

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