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The effect of 670-nm low laser therapy on herpes simplex type 1.

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Abstract

OBJECTIVE: The purpose of this work was to study the effect of **low-level laser therapy (LLLT)** on the healing and relapse intervals in patients with recurrent labial herpes simplex infections.

BACKGROUND DATA: Several pharmaceuticals are available to reduce symptoms and improve healing of labial herpes, but only **LLLT** has been reported to significantly influence the length of the recurrence **period**. **Material and methods:** In an initial study, 232 patients with herpes simplex type 1 virus symptoms were consecutively selected for either **LLLT** or conventional **therapy**, including acyclovir cream or tablets. One of the dentists was responsible for the diagnosis, a second dentist for the treatment, and a third for the evaluation, to allow for a semi-blinded procedure. Patients in the **laser** group received 670-nm **laser** irradiation, 40 mW, 1.6 J, 2.04 J/cm(2), 51 mW/cm(2) per blister in the prodromal stage and 4.8 J in the crust and secondarily infected stages, plus 1.2 J at the C2-C3 vertebrae. Patients were monitored daily during the first week to control healing, and monthly for 1 year to check on recurrence. In a consecutive study, 322 patients receiving **LLLT** were followed during 5 years to observe the **period** of occurrences.

RESULTS: An obvious effect of **LLLT** was found for both initial healing and for the length of the recurrence periods.

CONCLUSIONS: **LLLT** of herpes simplex virus 1 (HSV-1) appears to be an effective treatment modality without any observed side effects.

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