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Efficacy of Class IV Laser on Post Cesarean Section: A Feasibility Trial

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Abstract

Cesarean section is the consistently used surgical process for life sustaining of both mother and neonates with a prevalence around 53 % in India. Pain, delayed incisional wound healing, sepsis and difficulty of daily life activities are very common complication after cesarean section. This study aims to assess the feasibility of class IV LASER to improve pain, wound healing and quality of life among female underwent cesarean section. In this feasibility trial 12 females who underwent cesarean section were recruited after screening in accordance to selection criteria and obtained their consent. The selected participants were divided into two groups (Experimental & Control group) by block randomization. The participants in Experimental group were treated with class IV LASER therapy along with conventional chest physiotherapy management, while the participants in control group were treated with TENS along with conventional chest physiotherapy management. The mean age of the participants was 24.92±3.450. A statistically significant difference was found in both the experimental and control group among pain, wound healing and quality of life during within group analysis. However, experimental group shows significant difference among VAS (p=0.02), REEDA scale (p=.002) and four domains of SF 36 i.e. PF (p=0.004) EF (p=0.009) EHP (p=0.009) P (p=0.004) than the control group during between group analysis. It concludes that Class IV LASER is feasible and effective to improve pain, wound healing and quality of life among females underwent cesarian section.

Keywords: *Class IV LASER, Cesarean section, Pain, Wound healing, Quality of life.*