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Improved healing of recurrent herpes labialis by low-level laser therapy: A case report

Recurrent herpes labialis (RHL) is a highly prevalent viral infection of the oro-facial region, primarily caused by the herpes simplex virus type 1 (HSV-1). RHL causes pain, burning sensation, aesthetical bothersome and can affect a person's work capacity and social relationships. It is a global public health problem that affects around 20-40% of the general population. The conventional treatment for RHL is based on antiviral compounds such as acyclovir and penciclovir, which can improve healing times by 10%. Low-level laser therapy (LLLT) has been used to treat RHL with favorable results and good prospects for improvement. This study reports a case of HSV-1 labialis, which had its diagnosis performed and began its treatment at the beginning of the blistering phase. The use of aciclovir 50 mg/g with topical use twice daily, associated with red LLLT (660 nm), 100 mW of power, with application punctual and in contact mode was prescribed. The laser energy delivered was 4 J with irradiation time of 40 seconds, for two days. Symptom relief occurred as early as the first day and crusts were no longer present 48 hours after the start of treatment. Seven days after starting treatment there was no clinical evidence of RHL occurrence. The result evidenced the fast remission of painful symptomatology and a marked reduction in the time of clinical manifestations of HSV-1, demonstrating the excellent outcome of this treatment modality.

Biography

Andre Machado de Senna is a Dentist with 22 years of clinical practice. He has been studying, practicing and researching the use of lasers in health sciences for 17 years. He completed his PhD at The University of Sao Paulo-USP. Currently, he is a Professor at ITPAC School of Dentistry in Palmas, State of Tocantins, Brazil.

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