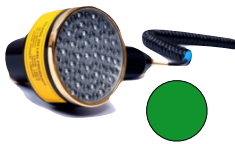


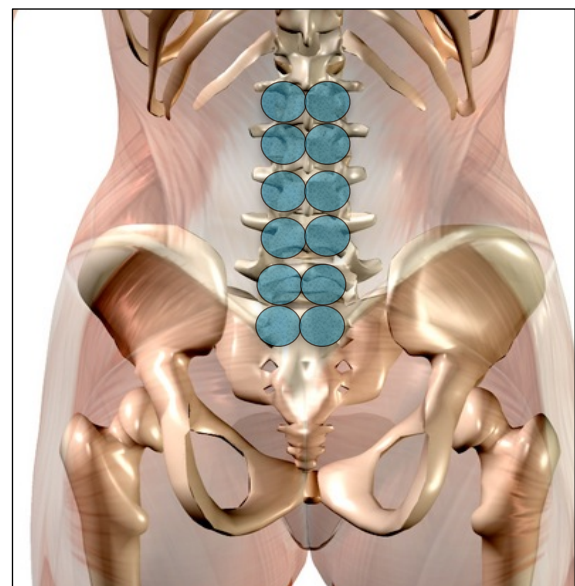
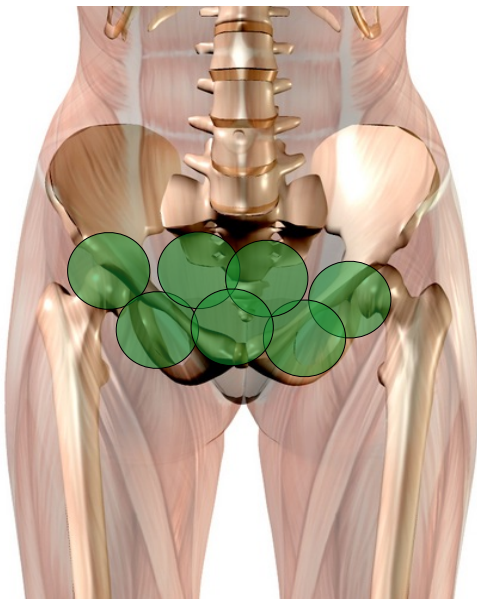


Post Ablation Recovery (fibroid / endometrium) - non-evidenced-based / low evidence based / anecdotal treatment suggestions				
Keywords	post ablation, endometrial ablation recovery, radio-frequency ablation, uterine fibroid embolization, UFE, recovery, uterine artery embolisation recovery, post endometrial resection,, fibroid resection			
Treatment Plan	When acute: at least three times weekly for 14 days Then space out as patient recovers - down to 1-2 weekly for 2-3 weeks if required			
Intention	Stimulate lymph nodes and local soft tissues to reduce inflammation & oedema	Heal and reduce inflammation		Analgesia
Probe	LED Cluster 	LED Cluster 	810nm 200mW laser	810nm 1W laser Cluster 
Pulse	2.5Hz	2.5Hz		Continuous
Tx Time	1 Min	1 Min		30 seconds
Tx Targets	Anterior pelvic lymph nodes Bilateral inguinal lymph nodes - IF any swelling / lower abdominal or pelvic discomfort	Treat over uterus		T12-S2 bilateral to spinous processes. depending on site of pain
The colours represent which probe to use and where to place it - unilateral or billateral depending on findings /symptoms				



Specific Evidence:

[The application of intravascular laser irradiation of blood for the correction of the immune disturbances in patients presenting with chronic endometritis]. Konoplya AA, Gavrish SA, Konoplya AI, Loktionov AL Vopr Kurortol Fizioter Lech Fiz Kult 2016 93(5) 19-22 <http://www.ncbi.nlm.nih.gov/pubmed/?term=27801407>

Has the time come to include low-level laser photobiomodulation as an adjuvant therapy in the treatment of impaired endometrial receptivity El Faham DA Elnoury MAH Morsy MI El Shaer MA Nour Eldin GM Azmy OM Lasers Med Sci 2018 Mar 15 <http://www.ncbi.nlm.nih.gov/pubmed/?term=29546619>

General evidence across disease category:

pain relief, inflammation, tissue healing post surgery

The Effect of Low-Level Laser on Postoperative Pain After Elective Cesarean Section. Poursalehan S, Nesioonpour S, Akhondzadeh R, Mokmeli S Anesth Pain Med 2018 Dec [http://](http://www.ncbi.nlm.nih.gov/pubmed/?te)
www.ncbi.nlm.nih.gov/pubmed/?te

The effect of low-level laser on postoperative pain after tibial fracture surgery: a double-blind controlled randomized clinical trial. Nesioonpour S, Mokmeli S, Vojdani S, Mohtadi A, Akhondzadeh R, Behaeen K, Moosavi S, Hojjati S Anesth Pain Med 2014 Aug 4(3) e17350 <http://www.ncbi.nlm.nih.gov/pubmed/?term=25237637>

"Low-intensity laser therapy effect on the recovery of traumatic spinal cord injury" Paula AA, Nicolau RA, Lima MD, Salgado MA, Cogo JC Lasers Med Sci 2014 May 24 <http://www.ncbi.nlm.nih.gov/pubmed/?term=24858233>

The Impacts of Low-Level Laser Therapy - A Complementary Treatment in the Management of Side Effects After Implant Surgery. Safdari R, Pouremadi N, Talebzadeh E, Mottaghi A, Amini S, Hossienzadeh A, Movahedian Attar B J Lasers Med Sci 2018 <http://www.ncbi.nlm.nih.gov/pubmed/?term=30809333>

The diabetic foot and leg: combined He-Ne and infrared low-intensity lasers improve skin blood perfusion and prevent potential complications. A prospective study on 30 Egyptian patients. Saied GM, Kamel RM, Labib AM, Said MT, Mohamed AZ Lasers Med Sci 2011 Apr 1 [http://](http://www.ncbi.nlm.nih.gov/pubmed/?term=21455785)
www.ncbi.nlm.nih.gov/pubmed/?term=21455785