

Photobiomodulation (low level laser therapy/LLLT) for the management of nerve injury and burning mouth syndrome

Information for patients at King's College Hospital only

This leaflet explains low level laser therapy, including the benefits, the risks and what you can expect when you come for your treatment. If you have any questions before, during or after treatment, please speak to the dentists who are caring for you.

Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name** and **date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

If we don't ask these questions, then please ask us to check.

Ensuring your safety is our primary concern.

What is photobiomodulation/low level laser therapy?

It involves using a type of laser light to stimulate the damaged cells in your mouth and skin and encourage them to repair themselves.

Why do I need this treatment?

You have been diagnosed with burning mouth syndrome or neuropathic pain after extraction of lower wisdom tooth. This is a hot feeling or pain sensation, which can affect your tongue, lips, palate or areas all over your mouth. When your brain does not properly understand messages being sent from your mouth, it can cause this sensation.

What are the benefits?

- Repairs damaged tissues.
- Reduces pain.
- Reduces the need to use painkillers.
- May improve your quality of life.

What the risks?

- You may have some redness around the area that is treated but this should disappear soon after your treatment session is completed.
- You might feel slight tingling when the laser light is applied.

Are there any alternatives?

You can take medications that help to reduce the pain and other symptoms but using these long term does have side effects.

Consent

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain all the risks and benefits and alternatives before they ask you to sign a consent form. If you are unsure about any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff again.



What happens during the treatment?

You will be asked to sit in a dental chair and given protective glasses to wear. All the staff who are involved in your treatment will also wear protective glasses.

The laser light is applied either directly to your skin or mouth tissue or held just above the affected areas for one minute. The session involves treatment as well as answering questions about the progress of your condition. The session may take one hour or less.

How many treatment sessions will I need?

You usually have two sessions a week for five consecutive weeks. A specialist will monitor your response to the treatment and let you know if you need fewer sessions.

Is it painful?

Most people do not feel anything but you may have a slight tingling sensation in the treated tissue just after the laser is applied.

What should I do if I cannot attend my appointment?

Please phone the clinic you are booked to attend as soon as possible and rebook your appointment: 020 3299 6326.

**Who can I contact with queries and concerns?
If you have any queries or concerns, contact the Oral
Surgery team on 020 3299 1681.**



Sharing your information

We have teamed up with Guy's and St Thomas' Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about health, we may share information about you between hospitals.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: **020 3299 3601**

Email: **kch-tr.PALS@nhs.net**

You can also contact us by using our online form at
www.kch.nhs.uk/contact/pals

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

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