



Pain and Fibrous Scarring Response to Polarized Light Therapy Following Mammoplasty

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Abstract : Purpose: to evaluate the efficacy of polarized light therapy on pain and fibrous scarring following mammoplasty. **Methods of evaluation** (Visual Analogue Scale and the ultrasonographic measurement of the fibrous scarring in Cm). **Methods:-** Thirty women with pain and fibrous scarring following mammoplasty with ages ranging from 40 to 55 years. They were divided into two groups. One study group for the BLT in addition to the traditional physical therapy routine (BLT group) and a control group for the traditional physical therapy routine only (no BLT group). BLT beam was pointed at the area to be treated, holding the device at right angle (90°) perpendicular to the surface of the treated area and maintaining a distance of 10 cm from the surface of it and applying the BLT for about 10 minutes day after day for six months. Measurements were conducted before starting the treatment as a first record and at the end of the six month of treatment as a second (final) record. **Results and conclusion:-** Results showed that application of polarized light therapy had a valuable improving effects in women with breast pain and fibrous scarring following mammoplasty as evidenced by the highly significant decreases in visual analogue scale and the ultrasonographic measurement of the fibrous scarring.

Key words (Bioptron light therapy, Mammoplasty, Ultrasonography, Visual analogue scale, Pain and Fibrous scarring following mammoplasty).