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LED Phototherapy Improves Healing of Nipple Trauma: A Pilot Study.

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Abstract

Abstract Objective: The purpose of this study was to evaluate the clinical effectiveness of a LED phototherapy prototype apparatus in the healing of nipple trauma in breastfeeding women. **Background data:** There is no scientific evidence of an effective treatment for nipple trauma. **Methods:** The experimental group was treated with orientation on nipple care and adequate breastfeeding techniques in addition to active LED phototherapy. The control group was treated with orientation on nipple care and adequate breastfeeding techniques in addition to placebo LED phototherapy. Participants were treated twice a week, for a total of eight sessions. Healing of the nipple lesions was measured by a reduction in their area, and decrease in pain intensity was measured in accordance with an 11-point Pain Intensity Numerical Rating Scale and a standard 7-point patient global impression of change. **Results:** Statistically significant reductions in measured nipple lesion area ($p < 0.001$) were observed for both the experimental and control groups with an increase in the number of treatment sessions. A significant difference between the experimental and control groups was observed for the healing of nipple lesions ($p < 0.001$). The pain intensity was significantly reduced only in the experimental group ($p < 0.001$). **Conclusions:** Preliminary results demonstrated the prototype apparatus for LED phototherapy to be an effective tool in accelerating the healing of nipple trauma.

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