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> [J Clin Exp Dent](#), 9 (6), e729-e732 2017 Jun 1 eCollection Jun 2017

Comparing the Effect of Diode Laser Against Acyclovir Cream for the Treatment of Herpes Labialis

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PMID: 28638546 PMCID: [PMC5474325](#) DOI: [10.4317/jced.53679](#)

Abstract

Background: Recently alternative therapies such as the use of diode laser therapy have been introduced for recurrent herpes labial infection. The aim of this study was to evaluate the effectiveness of diode laser for treatment of recurrent herpes labialis.

Material and methods: This was single-blind randomized clinical trial to evaluate the efficacy of diode laser for the treatment of recurrent herpes labial. In total, 60 patients with recurrent herpes simplex labialis were selected and randomly divided into three groups. 20 patients received treatment with diode laser (at a wavelength of 870 nm, energy density 4.5 j/cm²), 20 patients were treated with acyclovir cream 5%, 20 patients received treatment with laser-off (placebo). The end point was lesions crusting. Data analyzed by Tukey HSD Test and One-way ANOVA (at a significance level of 0.05) in SPSS-20 software.

Results: The mean length of recovery time (day) in the laser, off laser, and acyclovir groups was 2.20±0.41, 4.30±1.03, and 3.4±1.142, respectively. There is a significant difference between three groups in this regard ($P<0.0001$). The mean duration of pain (day) was 1.35±0.74, 2.65±1.27, and 2.30±0.92 for laser, off laser, and acyclovir groups, respectively ($P<0.0001$).

Conclusions: Treatment with diode laser reduced the length of recovery time and pain severity faster than treatment with acyclovir cream. **Key words:** Recurrent herpes labial, Acyclovir, Low level laser therapy.

Comment in

[Treatment of lesions associated with herpes labialis with low level laser therapy may result in a decrease of pain and recovery time compared with acyclovir.](#)

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