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## Journal of Endodontics

Volume 44, Issue 11, November 2018, Pages 1610-1615

CONSORT Randomized Clinical Trial

# Effect of Low-level Laser Therapy on Postoperative Pain in Molars with Symptomatic Apical Periodontitis: A Randomized Placebo-controlled Clinical Trial

Ezgi Doğanay Yıldız DDS, PhD \*  , Hakan Arslan DDS, PhD †

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<https://doi.org/10.1016/j.joen.2018.07.002>

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### Abstract

#### Introduction

In this clinical trial, we evaluated the effect of low-level laser therapy on postoperative pain in mandibular molar teeth with symptomatic apical periodontitis.

#### Methods

Forty-two patients were included in the study according to the inclusion and exclusion criteria. Root canal treatment was conducted using reciprocating instruments. The patients were randomly distributed into 3 groups using a Web program as follows: control (no laser was applied), placebo (mock laser therapy), and LLLT. Postoperative pain levels on the 1st, 3rd, 5th, 7th, and 30th day and postoperative percussion pain levels on the visual analog scale were recorded. The chi-square, 1-way analysis of variance, and least significant difference post hoc tests were performed to analyze the data ( $P = .05$ ).

#### Results

LLLT resulted in lower pain levels than those noted in the control and placebo groups on days 1 and 3 ( $P < .05$ ). There were no significant differences among the placebo, LLLT, and control groups in terms of postoperative percussion pain levels ( $P < .05$ ).

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## Conclusions

LLLT can be beneficial in reducing postoperative pain in [endodontics](#).

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## Key Words

Endodontics; host biomodulation; lasers; low-level laser therapy; pain

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