Cold-air anesthesia reduces pain of laser treatment

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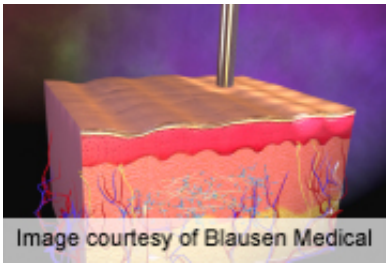

In ablative fractionated carbon-dioxide laser treatment for photoaging, cold-air anesthesia used in conjunction with topical anesthesia reduces pain significantly more than topical anesthesia alone, according to research published online June 13 in the *Journal of the American Academy of Dermatology*.

(HealthDay) -- In ablative fractionated carbon-dioxide (CO_2) laser treatment for photoaging, cold-air anesthesia used in conjunction with topical anesthesia reduces pain significantly more than topical anesthesia alone, according to research published online June 13 in the *Journal of the American Academy of Dermatology*.

Emily P. Tierney, M.D., of the Tufts University School of Medicine in Boston, and C. William Hanke, M.D., M.P.H., of St. Vincent Hospital in Carmel, Ind., conducted a prospective split-face study involving 15 patients undergoing ablative fractionated CO_2 laser treatment for photoaging. Patients and physicians rated the perceived discomfort of the treatment on each side of the face to assess whether forced cold-air

anesthesia could reduce the discomfort of the laser procedure.

The researchers found that the mean patient-reported pain score was statistically significantly lower with cold-air anesthesia and topical anesthesia, at 4.27 (on a scale from 0 to 10) compared with 7.47 for topical anesthesia alone. The mean physician-reported scores were similar, at 3.73 for cold-air anesthesia and topical anesthesia compared with 7.8 for topical anesthesia alone (P

"The anesthetic use of forced cold air in conjunction with ablative fractionated CO_2 laser is a practical, well-tolerated modality that allows performance of the procedure with minimal discomfort in the absence of sedation, anesthesia, and narcotic analgesia," the authors write.

More information: Abstract
Full Text (subscription or payment may be required)