

# Photobiomodulation in the healing of people with pressure injuries: Case series

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## Objective:

To analyze the effects of photobiomodulation technology on the healing process of people with pressure injuries (UP) treated at an outpatient clinic.

## Method:

Observational, descriptive, case series study based on the recommendations of the Case Report Guidelines checklist. The case series consisted of six adults with UP stage 2 or 3 regardless of body location. Adjuvant photobiomodulation and photodynamic therapy were used in all treatments, as well as coverings according to the needs assessed. Ten sessions were held at 72-hour intervals.

## Results:

Six adults with stage 3 pressure injuries participated in the study. The affected regions were the calcaneus, gluteal and sacral regions. The mean follow-up period of the participants was five weeks. Formation of shiny granulation tissue, reduction of exudate, elimination of odor, reduction of microbial load and biofilm were observed, although without total elimination of microorganisms. The combination of these therapies with specific dressings showed effects in reducing the lesion and relieving pain.

## Conclusion:

It can be seen that photobiomodulation therapy makes an important contribution to the healing process of PI, especially when associated with specific coverings and standardized care protocols, contributing significantly to improving the healing process and reducing pain.

## Assessment records in D1, D5 and D10



*I have no conflict of interest!*