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Summary

LASER THERAPY IN PROCTOLOGY: PRELIMINARY RESULTS OF A A PROSPECTIVE BICENTRIC MOROCCAN STUDY

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Colorectal

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A prospective bicentric study of 141 patients treated with laser therapy for proctological pathologies (anal fistulas, pilonidal sinuses, anal fissures, and hemorrhoids) reported an 84.5% overall success rate with 1 to 50 months follow-up.

KEY POINTS

- The study included 141 patients (mean age 44 years, 78% male) treated in two Moroccan proctology units, with anal fistulas being the main indication (105 patients, 74.5% treated with FilaC).
- Overall, 104 patients (84.5%) progressed well across all pathologies combined, with 19 failures (15.5%) and 18 patients lost to follow-up.
- For anal fistulas specifically, 80% healed (74 patients), with 18 confirmed failures diagnosed within an average of 6 months and manifested by persistent leakage; no continence problems occurred after the procedure.
- All 16 patients treated with SiLaC for pilonidal sinuses had favorable outcomes, while 2 of 13 patients treated with LHP for hemorrhoids experienced early postoperative bleeding requiring surgical suturing.
- The authors note that laser proctology is a minimally invasive procedure with significant postoperative pain reduction, though long-term confirmation of these preliminary results is required.

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