

EarLaser⁴

(Tinnitool, MultiLaser)

Type	Safety	Efficacy	Recommended?
	1	3	
Device (low level laser)	Generally regarded as safe	Evidence that it is not effective	No

In detail:

The maker claims	EarLaser ⁴ “works as curative bio-stimulation directly on the metabolism in the connective tissue.” ¹
What is the treatment?	A low level laser is targeted at the ear/cochlear either behind the ear or through the ear canal.
What are the downsides of this treatment?	Cost – this can be around £475 ¹ .
Has there been research into this treatment?	Yes
What does the research say?	<p>Low level laser therapy is no better than placebo (sham treatment)^{2 3 4}.</p> <p>Only one study in a systematic review showed a low risk of bias⁵.</p> <p>Medium level laser therapy cannot be regarded as an effective treatment of chronic tinnitus⁶.</p>
How high quality is the research?*	A/B

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Tinnitus UK's opinion on this treatment:	There is evidence that this treatment does not work. There is no plausible mechanism for this treatment to work.
Would Tinnitus UK support further studies into this treatment?	No
Comments	This treatment may also be called low level laser therapy (LLLT); soft laser or medium level laser therapy.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at **takeontinnitus.co.uk**

References

All online references accessed 15 May 2024 unless noted.

1. DisMark Tinnitus HiLife. *Therapy possibilities: Self-treatment with soft laser* tinnitool.com/en/therapy-possibilities/soft-laser-treatment/

2. Dehkordi MA, Einolghozati S, Ghasemi SM, Abolbashari S, Meshkat M, Behzad H. Effect of low-level laser therapy in the treatment of cochlear tinnitus: a double-blind, placebo-controlled study. *Ear, Nose and Throat Journal*. 2015 Jan;94(1):32-6.

3. Ngao CF, Tan TS, Narayanan P, Raman R. The effectiveness of transmeatal low-power laser stimulation in treating tinnitus. *European Archives of Otorhinolaryngology*. 2014 May;271(5):975-80. doi: [10.1007/s00405-013-2491-3](https://doi.org/10.1007/s00405-013-2491-3).

4. Chen CH, Huang CY, Chang CY, Cheng YF. Efficacy of Low-Level Laser Therapy for Tinnitus: A Systematic Review with Meta-Analysis and Trial Sequential Analysis. *Brain Sciences*. 2020 Dec 2;10(12):931. doi: [10.3390/brainsci10120931](https://doi.org/10.3390/brainsci10120931).

5. Ferreira MC, de Matos IL, de Toledo IP, Honório HM, Mondelli MFCG. Effects of Low-Level Laser Therapy as a Therapeutic Strategy for Patients With Tinnitus: A Systematic Review. *The Journal of*

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Speech, Language and Hearing Research.
2021 Jan 14;64(1):279-298. doi:
[10.1044/2020_JSLHR-20-00066](https://doi.org/10.1044/2020_JSLHR-20-00066).

6. Dejakum K, Piegger J, Plewka C,
et al. Medium-level laser in chronic
tinnitus treatment. *Biomed Research
International*. 2013;2013:324234.
doi:[10.1155/2013/324234](https://doi.org/10.1155/2013/324234)

Feedback

We welcome feedback on all our
information.

You can pass your comments to our
Communications Team by calling us on
0114 250 9933, emailing
communications@tinnitus.org.uk or
by writing to us at the address below.

Document information

Author Nic Wray
Version 2.0
Issue date May 2024
Review date May 2027
© Tinnitus UK



Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email helpline@tinnitus.org.uk
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website [tinnitus.org.uk](https://www.tinnitus.org.uk)

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.