

Low Level Laser Therapy (LLLT)

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

In detail:

Claims for treatment	<p>One manufacturer claims that laser therapy “works as curative bio-stimulation directly on the metabolism in the connective tissue.”¹</p> <p>Low level laser therapy (LLLT) acts by increasing blood microcirculation, prompting an increase in cell proliferation, speeds up the repair and decreases the damage of cells and tissue².</p>
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 £640 ¹ .
Has there been research into this treatment?	Yes

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.

What does the research say?	Low level laser therapy is no better than placebo (sham treatment) ^{2 3 4} . Only one study in a systematic review showed a low risk of bias ⁵ . Medium level laser therapy cannot be regarded as an effective treatment of chronic tinnitus ⁶ .
How high quality is the research?*	A/B
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.

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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.

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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**

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