

# John H. Stroger, Jr. Hospital of Cook County

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Cook County Bureau of Health Services



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I, Dr. Stathis Poulakidas, Director of Burn services, associated with Trauma and Burn Department at John H. Stroger Jr. Hospital of Cook County, has been incorporating the Phoenix Thera-Lase system into my standard of care. The Phoenix Thera-Lase system offers my patients an innovative, non-invasive, state of the art technology that aids with the various medical conditions associated with postoperative burns, wounds, hidradenitis, scarring, scar release and inflammation.

I have been utilizing The Phoenix Thera-Lase system on my patients for approximately 4 months. Presently, our focus has been with hypertrophic scarring, osteoarthritic pain, neuropathic pain, postoperative adhesions and have seen success on various postoperative procedures.

Current treatment approach is to saturate problematic areas for at least 4-8 minutes weekly, with close post laser treatment monitoring. In addition, we are working closely with Dr. Dysico, Director of Physiatry at John H. Stroger Jr. Hospital of Cook County in Chicago by utilizing the Thera-Lase system with focal Thera-Lase treatments in conjunction with acupuncture.

Overall feedback from both physicians has been remarkable after the initial treatment of 4 minutes per treatment area. Subjects with complaints of hypertrophic scarring have showed reduction in scar size, erythema, neuropathic sensitivity and inflammation. In addition, sub-dermal adhesions appear to have decreased and reported noticeably softer to palpation. Consistently, patients have reported a decrease in the level of chronic osteoarthritic pain by 50% with subsequent increased range of motion post Thera-Lase treatment. Most importantly, we have identified a decrease in narcotic use overall in our patient population.

I am looking forward to collecting more data to determine the impact and wide variety of applications the Phoenix Thera-Lase can provide for patients at John H. Stroger Jr. Hospital of Cook County. At this time, retrospective and prospective studies are currently ongoing to evaluate utility in improving function, decreasing pain and assisting in improvement in cosmesis.

**Stathis Poulakidas, MD, FACS**  
Director of Burn and Wound Services

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**Gerard Dysico, MD**  
Director of Physiatry

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**Jenny Tsai, MD**  
Research Director

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