

<http://www.ncbi.nlm.nih.gov/pubmed/19927043>

Effects of Pulsed Electromagnetic Fields on IL-1beta and Post Operative Pain: A Double-Blind, Placebo-Controlled Pilot Study in Breast Reduction Patients (2009).

"Surgeons seek new methods of pain control to reduce side effects and speed post-operative recovery. **Pulsed electromagnetic fields (PEMF) are effective for bone and wound repair and pain and edema reduction.** In this double-blind, placebo-controlled, randomized study, 24 patients, undergoing breast reduction for symptomatic macromastia, received PEMF therapy. PEMF produced a 57% decrease in mean pain scores at 1 hour and a 300% decrease at 5 hours, persisting to 48 hours post-op in the active versus the control group, along with a concomitant 2.2-fold reduction in narcotic use in active patients. PEMF therapy significantly reduced post-operative pain and narcotic use in the immediate post-operative period.")□□