

Laser Technology in Urology

Research Article

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**Abstract**

A laser is a light beam that is made up of only one wavelength. All light beams are in the same phase and move in parallel, so energy dissipation is minimal. The type of laser is determined by the medium that converts the energy source into laser beams. The medium may be in gaseous, liquid or crystalline state. In recent decades, laser technology has advanced exponentially, so advances in this field have enabled their application in almost every branch of medicine. During the interaction with the tissue, the laser energy is absorbed by a certain structure – the chromophore. Different wavelengths act on different structures, which is why there are a large number of lasers suitable for certain indications. Chromophores can be melanin in the skin, water, hemoglobin in blood vessels, the cell wall of bacteria and fungi, or certain structures in cells that absorb biostimulation by absorbing laser energy, which helps tissue regeneration and repair. The interaction of tissues and lasers also depends on parameters such as the cross-sectional size of the light beam, the energy and the time for which that energy is delivered. These parameters determine the depth of penetration through the tissue and its strength, which, in addition to the wavelength, significantly affects the effect of the laser. Therefore, lasers used in medicine have a wide range of effects, from ablation, cutting and coagulation of tissues to mild heating, which aims at biostimulation with regeneration, repair and improvement of the local immune response.

**Keywords:** Laser; Urology; Nephrology; Disease; Obstruction.

**Introduction**

LASER is an acronym for light amplification with the aid of using the inspired emission of radiation [1]. Laser energy is now ubiquitous in surgical operation and possibly crucial for a few purposes, along with transmitting power down a bendy endoscope (e.g. holmium: YAG laser ablation of higher tract stones thru a bendy ureterorenoscope).

Laser energy is light energy which, like electromagnetic radiation in widespread, may also have interaction with depend to create warmth and different phenomena. The traits of mild is that it's miles that shape of electromagnetic radiation described with the aid of using its cappotential to be perceived with the aid of using the human eye, despite the fact that infrared and ultraviolet radiations, which additionally have interaction with organic systems, are blanketed inside this definition. The wavelengths of seen mild variety from four hundred nm (violet) to 760 nm (red) and shape handiest a small a part of the electromagnetic spectrum.

Laser light differs from traditional white light handiest in that it's miles:

- Monochromatic: which includes light waves propagating at a single frequency
- Collimated: the photons propagate in parallel thru slim beams with little divergence, ensuing in excessive pinpoint irradiance

- Coherent: the propagated waves are such that wave peaks and troughs are in phase

**Kidney Diseases**

Kidney illnesses are a worldwide health burden with step by step growing occurrence and prevalence [2]. Animal research imply that acute kidney injuries (AKI) of diverse origins proportion one not unusualplace hyperlink withinside the pathophysiological chain of events, in the long run main to AKI, in addition to to development from AKI to continual kidney illnesses (CKD): imbalance among renal oxygen delivery and oxygen demand. Renal tissue hypoperfusion and hypoxia have additionally been advised to play a pivotal function withinside the pathophysiology of different kidney illnesses inclusive of diabetic kidney disease. These pathophysiological ideas have in large part been generated with the aid of using preclinical research that used both invasive quantitative probes or noninvasive practical magnetic resonance imaging (MRI) strategies to advantage perception into renal hemodynamics and oxygenation. Thus, making remaining statements at the function of renal hypoperfusion and hypoxia for those renal problems is elusive due to the fact in vivo evaluation of renal hemodynamics and oxygenation constitutes a challenge.

All modalities to be had in today's experimental and translational studies exercise have inherent shortcomings and methodological constraints. Invasiveness is the primary downside of the gold widespread physiological probes along

with perivascular waft probes for size of overall renal blood waft, laser–Doppler–optodes for evaluation of nearby tissue perfusion, and Clark–type electrodes or fluorescence–quenching optodes for measurements of nearby tissue partial stress of oxygen (pO<sub>2</sub>), which precludes their use in humans. While practical MRI inclusive of blood oxygenationsensitized T2\* (aka blood oxygenation level–dependent MRI; BOLD–MRI) gives noninvasive strategies to reap perception into renal perfusion and oxygenation, its primary weak spot is its qualitative nature. Before it may be used for quantitative characterization of renal tissue perfusion and oxygenation, it wishes to be calibrated with the gold widespread invasive strategies in diverse (patho)– physiological scenarios.

#### Laser–Doppler

In the 1970s, laser–Doppler probes had been evolved that estimate nearby blood perfusion inside circumscribed regions of tissue [3]. For this purpose, pulsed light of a awesome wavelength (e.g., 785 nm) is guided thru an optical fiber into the tissue subjacent to the top of the fiber, wherein it's miles scattered in the tissue. A fraction of the light encounters erythrocytes, is contemplated, and is fed lower back thru the fiber to the photodetecting tool of the equipment. From the quantity of contemplated light the awareness of erythrocytes in line with tissue extent is estimated. Because erythrocytes flow with the bloodstream, the contemplated light will become frequency shifted because of the Doppler effect. The photodetected sign accommodates a huge spectrum of Doppler frequency shifted alerts from which the common pace of erythrocytes is derived. An estimate of microvascular blood perfusion is than calculated with the aid of using the equipment because the made from suggest erythrocyte pace and suggest erythrocyte awareness withinside the extent of tissue below illumination from the probe [4].

The maximum essential predicament of the laser–Doppler approach is that it may handiest offer arbitrary, nonabsolute, devices for blood perfusion instead of an absolute price of blood waft, that is why the technique is frequently termed laser–Doppler–fluxmetry. This is because of the reality that the real sampling extent should handiest be decided if it had been viable to perceive which erythrocytes have interacted with the mild contemplated from the tissue. The latter relies upon at the optical scattering and absorption coefficients of the tissue. Since those coefficients range notably in regards to the nearby microvasculature and its perfusion on the time of size, it's miles not possible to decide the real sampling extent and as a consequence the blood waft in absolute terms.

Estimated suggest sampling depths for mammal tissues variety from 0.5–1.5 mm, corresponding to “captured” volumes of approximately 1 mm<sup>3</sup> of tissue. However, those values ought to be decrease in areas with massive light absorption because of massive quantities of erythrocytes in line with extent along with the renal cortex, and decrease withinside the internal medulla with its low quantity of erythrocytes in line with extent.

Considering the alternatively small extent of tissue for which the laser–Doppler data are acquired as opposed to the heterogeneity of intrarenal perfusion, extrapolation of the effects of 1 region to different regions, even of the equal renal layer, is unfeasible. Because of the impossibility to offer absolute data, laser–Doppler–fluxmetry lets in investigators handiest to record relative adjustments going on at the same time as the optode is constant in place. Therefore, handiest non–stop and quantifiable

adjustments relative to baseline (control) measurements are recorded, usually brought about with the aid of using acute interventions along with adjustments in renal arterial stress or the inspiratory O<sub>2</sub> fraction, or with the aid of using the management of drugs. Yet even interpretation of adjustments in laser–Doppler data recorded in the course of such maneuvers ought to be carried out with due caution: they may depend on adjustments in nearby hematocrit, for example, because of adjustments in plasma skimming, instead of adjustments in blood waft [5].

#### Radiation

All kinds of electromagnetic radiation have jointly perpendicular coupled electric powered and magnetic fields which can be capable of have interaction with the electrons and nuclei of the atoms that include depend [1]. The main interplay is that of the electrical subject thing with the poor rate of electrons. Towards the give up of the 19<sup>th</sup> century, it become realised that many factors of electromagnetic radiation may be greater appropriately understood with the aid of using concerning the radiation as comprising discrete debris or packets of power called ‘quanta’ or photons. A key precept of quantum physics is twin wave/particle nature of depend. This is prime to expertise how laser mild (along side all electromagnetic radiation) has each particulate properties (withinside the shape of photons) and waveform traits.

#### Urology

The Ho:YAG (The Holmium: Yttrium–Aluminium–Garnet) produces light at a wavelength of 2100nm in a pulsed fashion [1]. At this a ways infrared frequency, water is absorbed to provide localised heating and tissue or stone destruction. The power may be numerous from 0.2 to 2.8J/pulse and the frequency from 5 to 30Hz, giving powers of as much as 100W. The mild may be transmitted alongside low–water–density fibres and, not like the CO<sub>2</sub> laser, may be carried via a bendy fibre. This makes the Ho:YAG laser perfect for stone remedy the usage of bendy– ureteroscopy, and consequently permits minimally invasive retrograde remedy of even the maximum inaccessible of higher tract stones. Other ureteroscopic modalities for treating stones both require a inflexible instrument (e.g. lithoclast) or are unacceptably risky withinside the present day technology of scientific governance (electro–hydraulic lithotripsy). Typical energy settings for laser lithotripsy are arbitrary however are frequently set with the heart beat frequency in Hertz (Hz) numerically 10 instances the power placing in Joules (J). Examples of settings used for laser lithotripsy thru the bendy ureteroscope are from 0.6J at 6Hz to 1.5J at 15Hz.

Despite the severa laser tactics for BPE which have emerged and, collectively with their acronyms, have emerge as out of date over the years, the precept of laser surgical operation for BPE is especially straightforward. Photons, that have each particle and wavelike properties, have intrinsic power inversely proportional to their wavelength and may be absorbed with the aid of using, for example, haemoglobin or water to create warmness which ends up in coagulation and protein denaturation or vaporisation. All the strategies in short defined right here are usually smooth to learn (besides for the HoLEP), have first rate haemostatic properties, utilise saline because the irrigating fluid of choice, and permit surgical operation to be performed as day case or <24>2 cm are dealt with with percutaneous nephrolithotomy (PCNL), but large stones are actually being tackled thru the ureteroscope,

despite the fact that proof of the efficacy of this method remains evolving.

Care ought to be taken while looking to advantage get admission to round an impacted stone due to perforation [6]. An angled hydrophilic-coated (tipped or entire) twine, an angled torqueable catheter positioned in near proximity to the stone, or each may be useful. If a guidewire can't be adequately surpassed past the stone, direct inspection of the ureter as much as the stone with the inflexible ureteroscope may also allow passage of the twine below direct imaginative and prescient. If the stone is impacted, it may be useful to softly control it and/or deal with well-uncovered regions of the stone with the laser, making an allowance for progressed visibility and more secure final touch of the lithotripsy. When the proximal ureter is visualized, pass the twine below direct imaginative and prescient previous to finishing the lithotripsy.

If there may be any suspicion approximately viable contamination above the stone, a urine subculture via an open-ended catheter surpassed antegrade to the obstruction have to be despatched and a drainage hooked up with a stent or percutaneous nephrostomy. The ureteroscopy have to be postponed till the contamination has been dealt with.

A dual-lumen catheter may be superior over the preliminary guidewire to softly dilate the ureteral orifice and to introduce a second wire to pass the ureteroscope or a ureteral get admission to sheath over. If the bendy ureteroscope does now no longer pass the orifice, the scope have to be circled ninety to a hundred and eighty ranges at the guidewire to higher function the top of the ureteroscope. It is essential to pass the laser fiber via a straightened bendy ureteroscope to save you harm to the operating channel.

### Obstruction

Obstruction is one of the maximum essential abnormalities of the urinary tract, because it subsequently ends in decompensation of the muscular conduits and reservoirs, lower back-stress, and atrophy of renal parenchyma [7]. It additionally invitations contamination and stone formation, which reason extra harm and may in the long run lead to entire unilateral or bilateral destruction of the kidneys.

Both the extent and the degree of obstruction are essential to an expertise of the pathologic consequences. Any obstruction at or distal to the bladder neck may also result in lower back-stress affecting each kidneys. Obstruction at or proximal to the ureteral orifice ends in unilateral harm except the lesion entails each ureters simultaneously. Complete obstruction ends in fast decompensation of the device proximal to the web page of obstruction. Partial obstruction ends in sluggish modern muscular hypertrophy accompanied with the aid of using dilation, decompensation, and hydronephrotic adjustments.

The first aim of remedy is alleviation of the obstruction (eg, catheterization for alleviation of acute urinary retention). Definitive remedy frequently calls for surgical operation, however minimally invasive strategies are getting applied greater frequently. Simple urethral stricture can be controlled with the aid of using dilation or inner urethrotomy (incision of the stricture below direct imaginative and prescient via the resectoscope). However, urethroplasty (open surgical graft or flap of pores and skin or buccal mucosa to update urethral diameter) can be required and feature higher long-time period success. Benign

prostatic hyperplasia classically calls for excision, however laser strategies are presenting excellent consequences with much less morbidity. Impacted ureteral stones may also both be eliminated or bypassed with the aid of using a catheter except it's miles notion that they'll pass spontaneously.

Ureteral or UPJO (Ureteropelvic junction obstruction) calls for surgical repair; but, endoscopic processes in the ureter or with the aid of using laparoscopy can be same to open repair. Renal stones can be eliminated instrumentally thru retrograde or antegrade percutaneous method with the aid of using direct extraction with baskets or with the aid of using ultrasonic or laser lithotripsy or with the aid of using irrigation via a tube positioned immediately into the kidney.

### Stone

The control of stones already gift withinside the kidneys or urinary tract calls for a mixed medical and surgical approach [8]. The precise remedy relies upon at the place of the stone, the quantity of obstruction, the character of the stone, the characteristic of the affected and unaffected kidneys, the presence or absence of urinary tract contamination, the development of stone passage, and the dangers of operation or anesthesia in light of the scientific nation of the patient. Medical remedy can decorate passage of ureteral stones. Oral  $\alpha$ 1-adrenergic blockers loosen up ureteral muscle and were proven to lessen time to stone passage and the want for surgical elimination of small stones. Severe obstruction, contamination, intractable pain, and extreme bleeding are symptoms for elimination of a stone.

Advances in urologic generation have rendered open surgical operation for stones an extraordinary event. There are actually 3 options for stone elimination. Extracorporeal lithotripsy reasons the in situ fragmentation of stones withinside the kidney, renal pelvis, or ureter with the aid of using exposing them to surprise waves. After more than one surprise waves, maximum stones are decreased to powder that actions via the ureter into the bladder. Percutaneous nephrolithotomy calls for the passage of a nephroscope into the renal pelvis via a small incision withinside the flank. Stones are then disrupted with the aid of using a small ultrasound transducer or holmium laser. The third method is ureteroscopy with stone disruption the usage of a holmium laser. Ureteroscopy usually is used for stones withinside the ureter, however a few surgeons are actually the usage of ureteroscopy for stones withinside the renal pelvis as well.

### HoLEP

Holmium Laser Enucleation of the Prostate (HoLEP) is now taken into consideration the gold-widespread surgical control for terribly massive prostate glands (>120 cc) [9]. An anatomical enucleation of the tissues of the transitional area is performed with a mixture of blunt dissection the usage of the resectoscope and laser power to inspire tissue separation and cauterise vessels. Risks are similar with TURP (transurethral resection of the prostate), albeit with barely decrease charges of erectile dysfunction (possibly attributable to the shortage of carried out electricity).

During HoLEP the enucleated prostatic adenoma is driven into the bladder wherein it's miles morcellated the usage of a nephroscope thru the outer resectoscope sheath for imaginative and prescient. Morcellation have to be achieved cautiously a good way to now no longer injure the bladder.

Photo vaporisation of the prostate (PVP), additionally called potassium titanyl phosphate (KTP) laser vaporisation, makes use of a YAG laser shone via a potassium titanyl phosphate crystal to provide inexperienced light. This is preferentially taken up with the aid of using haemoglobin and used to vaporise prostatic tissue. Surgeons acting excessive numbers of those tactics usually obtain first rate effects, however the process has visible a decline in reputation among a few surgeons withinside the remaining decade. PVP has been proven to be secure in sufferers taking anti-coagulation and anti-platelet medications, providing a clean superiority over a few different strategies.

Both tactics may be achieved below both widespread or spinal anaesthetic. Providing men are satisfied to be discharged with a catheter, this operation is amenable to an afternoon case or a '23-hour' stay.

### Conclusion

Holmium, thulium and green laser are used to normalize urine outflow on the background of lower urinary tract obstruction. Depending on the strength, the laser can cause coagulation and evaporation of tissue. Each laser beam has nuances in its work, thulium gives a denser flow of energy. It is thought to damage tissue less than holmium. In both cases, the risk of bleeding is minimal, and the recovery period does not involve very complex rehabilitation.

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