

多乐氟[®]氟化钠护齿剂与 Nd:YAG 激光联合治疗牙本质过敏症的临床研究

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【摘要】目的 研究多乐氟[®]氟化钠护齿剂、Nd:YAG 激光及其联合应用在牙本质过敏症的临床效果。**方法** 24 名患者共 96 颗患牙, 研究对象随机分为 3 组: 多乐氟组、Nd:YAG 激光治疗组、多乐氟与 Nd:YAG 激光联合治疗组, 采用数字化疼痛评判法 (visual analogue scale, VAS) 记录其在治疗前、治疗后 5 min、1 个月和 6 个月的牙齿敏感程度, 并进行统计学分析。**结果** 各实验组治疗前的 VAS 评分差异无统计学意义 ($P=0.329$)。与治疗前相比, 多乐氟组在治疗后 5 min、1 个月、6 个月 VAS 评分的疼痛分别降低 72.5% ($P<0.001$)、38.4% ($P<0.05$) 和 13.1% ($P>0.05$); Nd:YAG 激光治疗组疼痛分别降低 75.5% ($P<0.001$)、45.7% ($P<0.05$) 和 21.7% ($P<0.05$); 多乐氟与 Nd:YAG 激光联合治疗组疼痛分别降低 85.9% ($P<0.001$)、72.0% ($P<0.001$) 和 56.3% ($P<0.001$)。**结论** 多乐氟[®]氟化钠护齿剂与 Nd:YAG 激光治疗牙本质敏感症均能产生明显疗效, 两者结合应用的远期效果更好。

【关键词】 牙本质过敏症 多乐氟[®]氟化钠护齿剂 Nd:YAG 激光 联合治疗

DOI: 10.11752/j.kqcl.2015.01.05

Clinical efficacy of Duraphat[®] dental desensitizer combined with Nd:YAG laser on treatment of dentin hypersensitivity

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【Abstract】Objective The aim of this randomized longitudinal clinical study was to assess the clinical efficacy of Duraphat[®] dental desensitizing agent, Nd:YAG laser, and its association on dentin hypersensitivity. **Methods** 96 teeth of 24 volunteers were selected and divided into three groups: G1, Duraphat[®] Desensitizer (Duraphat 50mg/ml Dental Suspension, Colgate-Palmolive Company, US); G2, Nd:YAG Laser; G3, Nd:YAG Laser + Duraphat[®] Desensitizer. The level of sensitivity to pain of each volunteer was analyzed by visual analog scale (VAS) using cold air stimuli and exploratory probe before treatment (pre 01), and at 5 min (post 1), 1 month (post 2), and 6 months (post 3) after treatment. **Results** No statistically significant differences in VAS score among experimental groups before treatment ($P=0.329$). After treatment, the reduction VAS scores of Duraphat[®] group was 72.5% ($P<0.001$) after 5 min, 38.4% ($P<0.05$) after 1 month and 13.1% ($P>0.05$) after 6 months, recorded for G1; the reduction VAS scores of Nd:YAG Laser group was respectively 75.5%, ($P<0.001$) after 5 min, 45.7% ($P<0.001$) after 1 month and 21.7% ($P<0.05$) after 6 months, recorded for G2, and the reduction VAS scores of Duraphat