

正畸舌侧保持器和透明压膜保持器对牙周组织的影响

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【摘要】目的 研究正畸舌侧保持器和透明压膜保持器对下前牙舌侧牙周健康的影响。**方法** 选择新疆医科大学第二附属医院固定矫治结束后患者 30 人(男 14, 女 16), 随机分成 2 组, 每组 15 人。A 组戴用舌侧固定保持器, B 组戴用透明压膜保持器。于戴入后 1 周、1 个月、3 个月和 6 个月分别检查记录下前牙的舌侧菌斑指数 (PI)、牙龈指数 (GI)、牙石指数 (CI) 和硫化物水平 (SUL), 并作统计学分析。**结果** 保持器戴入 6 个月与 1 周时比较, 2 组 PI、CI 和 SUL 指数均显著增加, 差异有统计学意义 ($P<0.05$), 但 2 组的 GI 差异无统计学意义 ($P>0.05$)。CI 在 3 个月时 A 组显著大于 B 组 ($P<0.05$); SUL 在 6 个月时 B 组显著大于 A 组 ($P<0.05$)。**结论** 保持器使口腔自洁作用减弱, 对牙周组织有一定的影响, 且硫化物引起的口臭影响社交, 6 个月时应进行必要的刮治去除菌斑和牙石, 维护牙周健康。

【关键词】 舌侧保持器 透明压膜保持器 牙周指数

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Impacts of orthodontic lingual fixed retainers and transparent wraparound retainer on periodontal tissue

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【Abstract】Objective To evaluate the impact of orthodontic lingual fixed retainers and transparent wraparound retainers on periodontal tissue of mandibular anterior teeth. **Methods** 30 patients (14 men, 16 women) were selected into the study from the Second Affiliated Hospital of Xingjing Medical University. The sample was divided into two groups randomly. Group A ($n=15$) for wearing lingual fixed retainer, group B ($n=15$) for wearing transparent wraparound retainer. Follow-up examinations were taken after wearing retainers for one week, one month, three months and six months, respectively. The periodontal condition of mandibular anterior teeth was scored according to the following four parameters including plaque index (PI), gingival index (GI), calculus index (CI), sulcus sulphide level (SUL). **Results** After wearing the two retainers for one week, the score of PI, CI, SUL was markedly increased, and the difference was statistically significant ($P<0.05$), while there were no statistically significant difference in score of GI ($P>0.05$). The score of CI of group A was significantly greater than that of group B and the difference was statistically significant ($P<0.05$) after wearing the retainers for 3 months, while the score of SUL of group B were significantly greater than group A and the difference was statistically significant ($P<0.05$) after wearing the retainers for 6 months. **Conclusion** The both retainers in the study reduced oral self-cleaning effects and affected periodontal health, and halitosis caused by sulfide affected their social activities. He reby, it is necessary to remove plaque and dental calculus to maintain periodontal health when patients have worn