

· 临床报道 ·

贝复新凝胶治疗复发性阿弗他溃疡的临床疗效观察

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【摘要】目的 贝复新凝胶治疗复发性阿弗他溃疡的临床疗效。方法 选取临床就诊的 112 例复发性阿弗他溃疡患者, 随机分成 2 组, 每组各 56 例, 观察组给予复方氯己定含漱 + 贝复新凝胶局部涂抹, 对照组给予复方氯己定含漱 + 西瓜霜喷剂。比较 2 组局部治疗效果及平均症状消退和平均治愈时间。结果 观察组经治疗后局部症状消退时间和平均治愈时间明显缩短, 无不良反应, 局部治疗效果优于对照组 ($P < 0.01$)。结论 贝复新凝胶治疗复发性阿弗他溃疡疗效显著安全可靠, 值得临床进一步推广和应用。

【关键词】复发性阿弗他溃疡 贝复新软膏 复方氯己定 西瓜霜喷剂 局部治疗效果

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Clinical observation of the treatment of recurrent aphthous ulcer by BFG gel

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【Abstract】Objective To observe the effect of BFG gel on the treatment of recurrent aphthous ulcer. Methods 112 patients with recurrent aphthous ulcer were randomly assigned into the treatment group and the control group. The treatment group was treated by external use of Relapse chlorhexidine gargle and BFG gel, the control group was treated by external use of Relapse chlorhexidine gargle and Watermelon frost. The clinical curative effects and the average healing, average symptoms disappear were compared between these two groups. Results The aphthous ulcer healed faster in the treatment group and the pain symptoms was obviously relieved. No adverse reaction was observed. The clinical curative effect was better than the control group ($P < 0.01$). Conclusion BFG gel had safe and effective effects on the treatment of recurrent aphthous ulcer. It is worthy of further promotion and application in clinic.

【Key words】Recurrent aphthous ulcer BFG gel Relapse chlorhexidine gargle Watermelon frost Local curative effect

复发性阿弗他溃疡是最常见的口腔粘膜病, 其患病率高达 20% 左右^[1,2,3]。本病呈周期性复发故成为口腔门诊病人复诊率最高的疾病之一。复发性阿弗他溃疡病因复杂, 且存在明显的个体差

异, 研究报道的发病因素甚多, 但尚未统一, 推测可能与免疫、遗传、系统性疾病、感染、环境等多种因素有关^[1]。溃疡发作时具有明显的灼痛感, 严重时甚至会出现偏侧头痛、发热以及区域淋巴结肿大等, 对于患者的日常生活和工作带来困扰。目前临床治疗上多以局部外用为主, 配合口服激素, 维生素 B2、C, 抗生素等全身治疗^[1]。

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