

· 基础与临床研究 ·

锥形束 CT 法在上颌前牙区牙龈厚度评估中的应用

高 杰¹ 葛宇飞² 袁 赟³

(1. 博爱口腔医院种植科, 淮北 235000; 2. 上海禾川口腔门诊部有限公司, 上海 200000;
3. 江苏创英医疗器械有限公司, 常州 213000)

【摘要】目的 探究锥形束 CT (CBCT) 法在不同牙位、不同牙龈生物型及不同牙龈退缩类型上颌前牙区牙龈厚度评估中的应用。**方法** 选择 2018 年 3 月至 2019 年 7 月在我院口腔科接受 CBCT 检查的 40 例患者 (225 颗患牙) 为研究对象, 测量上颌前牙区龈缘下 2 mm 各患牙的牙龈厚度, 比较其不同牙位、牙龈生物型、牙龈退缩类型的差异。**结果** 中切牙的牙龈厚度 (1.56 ± 0.32) mm > 侧切牙的牙龈厚度 (1.34 ± 0.28) mm > 尖牙的牙龈厚度 (1.13 ± 0.24) mm; 无退缩牙龈厚度 (1.42 ± 0.38) mm > 退缩牙龈厚度 (1.19 ± 0.37) mm, 退缩程度越深, 牙龈厚度越小, 差异具有统计学意义 ($P < 0.05$); 中切牙多为厚龈型, 侧切牙和尖牙多为薄龈型; 大部分患者为薄龈生物型, 薄龈型相比厚龈型更容易发生牙龈退缩。CBCT 法测量牙龈厚度具有准确性和可重复性。**结论** CBCT 法在上颌前牙区不同牙位、牙龈生物型及牙龈退缩类型上评估牙龈厚度具有良好的准确性。有助于牙科医生选择牙周治疗方案、评估美学修复预后提供参考依据。

【关键词】 锥形束 CT 法 牙位 牙龈生物型 牙龈退缩 上颌前牙区 牙龈厚度

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Application of conical beam CT in the evaluation of gum thickness of maxillary anterior region

Gao Jie¹ Ge Yufei² Yuan Yun³

(1. Department of Implantology, Boai Stomatological Hospital, Huaibei 235000; 2. Shanghai Hechuan Stomatological Outpatient Co., Ltd, Shanghai 200000; 3. Jiangsu Chuangying Medical Device Co., Ltd., Changzhou 213000)

【Abstract】Objective To explore the application of cone-beam computerized tomography (CBCT) in assessing gingival thickness in the maxillary anterior region of different teeth positions, gingival biotypes, and gingival recession types. **Methods** 40 patients (225 teeth) subjected to CBCT examination in our institution from March 2018 to July 2019 were selected as the research objects, and the gingival thickness of each affected tooth 2 mm below the gingival margin in the maxillary anterior area was measured to compare the differences in different tooth positions, gingival biotypes, and gingival recession types. **Results** The gingival thickness of the central incisor (1.56 ± 0.32) mm > the gingival thickness of the lateral incisor (1.34 ± 0.28) mm > the gingival thickness of the canine (1.13 ± 0.24) mm; the thickness of the gingival without a recession (1.42 ± 0.38) mm > the retracted gingival thickness (1.19 ± 0.37) mm; the more severe the recession, the smaller the gingival thickness, the difference is statistically significant ($P < 0.05$); the central incisors are mostly thick gingival type, and the lateral incisors and canines are mostly thin gingival type. Most patients have a thin gingival biological type, and thin