

·基础与临床研究·

微创无痛方法拔除下颌复杂阻生智齿的应用研究

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【摘要】 目的 与传统拔牙技术相比, 探究采用微创无痛方法拔除下颌复杂阻生智齿的临床应用效果。方法 选取2021年3月至2022年9月就诊于东莞市东部中心医院的200例下颌复杂阻生智齿患者, 根据拔牙术式不同分为实验组($n=101$)和对照组($n=99$), 实验组采取微创无痛拔牙方法, 对照组采用传统拔牙方法。比较两组的临床参数, 包括术中出血、拔牙时间、拔牙窝是否完整、术后疼痛及面部肿胀情况、骨愈合时间、术后并发症及患者满意度等。结果 与传统拔牙技术相比, 微创无痛拔牙方法的术中出血量少(5.64 ± 1.50 ml)、拔牙时间短(16.55 ± 3.11)、拔牙窝完整率高(94.06%)、断根率更低(5.94%), 且术后张口受限、关节疼痛、面部肿胀的症状较轻($P < 0.01$), 创口愈合时间更短、术后并发症发生率低($P < 0.01$), 患者满意度更高($P < 0.001$)。结论 相比传统拔牙技术, 微创拔牙技术具有临床疗效高、术后不良反应少、患者满意度高等显著优势, 更适合应用于临床拔除下颌复杂阻生智齿。

【关键词】 微创拔牙 下颌复杂阻生智齿 临床疗效

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Study on the minimally invasive painless extraction of mandibular complex impacted wisdom teeth

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【Abstract】 Objective To explore the clinical effect of minimally invasive painless extraction method for mandibular complex impacted wisdom teeth compared with traditional extraction technique. **Methods** A total of 200 patients with complex impacted mandibular wisdom teeth who were treated in the department of stomatology, Dongguan Eastern Central Hospital from March 2021 to September 2022 were selected. According to the different extraction methods, the patients were divided into experimental group ($n=101$) and control group ($n=99$). The experimental group was treated with minimally invasive painless extraction method, while the control group was treated with traditional extraction method. The clinical parameters of the two groups were compared, including intraoperative bleeding, tooth extraction time, tooth extraction socket integrity, post-operative pain and facial swelling, bone healing time, complication rates and patient satisfaction. **Results** Compared with traditional extraction techniques, the minimally invasive painless extraction method had less intraoperative bleeding (5.64 ± 1.50) mL, shorter extraction time (16.55 ± 3.11) min, higher extraction socket completion rate (94.06%), lower root breakage rate (5.94%), and postoperative restriction of mouth opening, joint pain, less facial swelling ($P < 0.01$), shorter wound healing time, lower incidence of postoperative complications ($P < 0.01$), and higher patient satisfaction ($P < 0.001$). **Conclusion** Compared with traditional extraction techniques, minimally invasive