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论文

660nm激光口腔治疗仪对阿弗他溃疡的疗效评价

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摘要:

目的 评价660nm激光口腔治疗仪治疗复发性口腔溃疡的疗效。方法 2006年5月~2007年9月本院口腔科门诊复发性口腔溃疡(排除重型溃疡)患者121例,随机分为实验组61例,对照组60例。实验组采用660nm激光口腔治疗仪局部照射,对照组局部外涂金达甘油。疗效评价标准采用DP分级法,记录平均溃疡期D、疼痛指数P,按照P-VAS标尺分段法记录治疗前、治疗后3、5、10min和治疗后24h的自发痛、激惹痛,组间对照比较。结果 两组疼痛缓解率在治疗后3min、10min、24h比较差异有统计学意义($P<0.05$);两组治疗后5min比较差异无统计学意义($P>0.05$);两组治疗总有效率比较差异有统计学意义($P<0.05$)。结论 660nm激光治疗比药物治疗缓解疼痛起效快、有效持续时间长,能显著缩短口腔溃疡的愈合时间。

关键词: 激光治疗; 药物治疗; 复发性口腔溃疡

Efficacy evaluation of 660nm laser for recurrent oral ulcer

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Abstract:

Objective To evaluate the effect of 660nm laser on treating recurrent oral ulcer (ROU). Methods A total of 121 ROU patients (gravis type excluded) were divided into two groups: the experimental group with 61patients and the control group with 60 patients. The experimental group received laser therapy and the control group received drug treatment with Jinda glycerol. The evaluation criteria were DP classification and P-VAS grading. Pain indexes(P) and mean ulcer duration(D) were recorded before treatment, and 3minutes, 5 minutes, 10 minutes and 24 hours after treatment. The results were analyzed by using t test and χ^2 analysis. Results There were significant differences in the pain relief rate between the two groups 3 minutes, 10 minutes and 24 hours after treatment ($P<0.05$), while there was no difference at baseline and 5 minutes after treatment ($P>0.05$). There were significant differences in the total effective rate between the two groups ($P<0.05$). Conclusions 660nm laser is more effective in the treatment of ROU compared with the drug, with earlier onset of action and longer duration. It can obviously accelerate healing time and relieve pain.

Keywords: Laser therapy; Drug treatment; Recurrent oral ulcer

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