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微种植体支抗压低上颌磨牙的研究进展 *

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摘要:在口腔科诊疗工作中经常会见到因下颌磨牙长期缺失导致对领磨牙伸长的情况,这将直接导致对领磨牙修复空间不足。这种病例需要通过压低伸长的上颌磨牙来获取足够的空间,以利于下颌磨牙的修复。另外,高角和开牙合病例要想获得良好的治疗效果也需要通过压低磨牙来进行垂直向控制,因此压低上颌磨牙成为临床工作的重要内容。压低上颌磨牙的方法除了牙合垫、高位牵引头帽、手术等之外,还有微种植体支抗,它又称为“绝对支抗”由钛或合金制成,分为自攻型和助攻型。由于创伤小,植入部位灵活,手术简单,压低磨牙效果显著,所以自临床应用以来得到大力推广。因此本文就微种植体支抗压低上颌磨牙的临床应用、压低效果评价、副作用及防治措施和生物力学研究等方面作一综述。

关键词:微种植体;支抗;压低磨牙;磨牙伸长

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Research Progress on Maxillary Molar Intrusion with Mini-implant Anchorages*

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ABSTRACT: Due to the loss of mandibular molars for a long time, supraerupted maxillary molars are very common in oral therapy, the opposing teeth might have insufficient space to restore. The supraerupted molars need to be intruded to obtain enough repair space. And, patients with high angle and open bite also need intrude molars for vertical control to get a good treatment. Thus, molar intrusion becomes to be the most important work. In addition to the occlusal pad, high pull headgear and operation, MIA (Mini-implant anchorage) could be one of the most effective methods in intruding the molars. It is also called "absolute anchorage", which is made of titanium or titanium alloys, including self-drilling type and assist-drilling type. It is promoted vigorously since its application in clinic since it is less traumatic, more flexible, simple, and effective. Therefore, this review was to address the clinical application of maxillary molar intrusion with mini-implant anchorages, evaluation of intrusion effect, the negative effects, prevention and control measures and biomechanics research.

Key words: Mini-implant; Anchorage; Molar intrusion; Molar elongation

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前言

在口腔诊疗过程中,经常会见到由于下颌磨牙缺失又没能及时修复的病例,这会造成对领磨牙的伸长,从而导致下颌修复空间缺失或不足^[1]。另外某些由于生长型控制的磨牙过度生长会造成下颌骨顺时针旋转或面下三分之一过长^[2],从而影响患者咬合稳定、颞下颌关节健康和面部美观。因此压低上颌磨牙具有重要的意义。传统正畸支抗压低磨牙的方法有:口外弓高位牵引、头帽颏兜、横腭杆、磁力牙合垫、多曲方丝弓、Nance弓、手术等^[3-5],以上每种方法都能够在一定范围内起到压低磨牙的作用,但也会存在不易控制、舒适性差、美观性差、依赖患者合作等不足^[6]。自 Kanomi R^[7]首次用微种植体支抗压低下前牙以来,越来越多的学者应用微种植体支抗压低磨牙并取得了

良好的效果。因此本文就微种植体支抗压低上颌磨牙的临床应用、压低效果评价、副作用及防治措施和生物力学等方面的研究作一综述,以期更好地指导临床应用。

1 微种植体支抗压低上颌磨牙的临床应用

1.1 微种植体支抗的选择

临床常见的微种植体支抗为纯钛金属或钛合金材质,通常直径为1.2-2 mm,长度为6-12 mm不等。一般认为植入骨内的长度上颌为6 mm,下颌为5 mm,形状为圆锥形的微种植体支抗钉初期稳定性较高。同时,我们还必须考虑植入位置软组织的量、骨组织的等级、支抗与周围解剖结构和牙齿位移方向的位置关系^[8]。因此在应用微种植体支抗压低上颌磨牙时,医生要灵活的选择微种植体支抗的规格。

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1.2 微种植体支抗的植入角度

在植入微种植体支抗时医生既要考虑保证患者的安全,又要使其发挥最大的生物力学作用。一般来说压低上颌磨牙时,微种植体支抗的长轴应与上颌磨牙牙体长轴成30-45度,靠近上颌窦的地方更应该垂直一些以避免损伤上颌窦粘膜^[7,8],也有报道说微种植支抗应与上颌牙槽骨表面成30-40度角^[9]。研究证明夹角小于30度虽然可以降低磨牙牙根损伤的风险但同时也增大了微种植体支抗的脱落率。董晶等人指出微种植体支抗锥度为0.037时,长轴与上颌磨牙牙体长轴成为60度时,微种植体支抗的应力分布较均匀^[10],磨牙压低效果较好。总之,关于微种植体支抗植人角度目前没有统一的定论。

1.3 微种植体支抗的加载时机

微种植体支抗植人后可以即刻加力^[11,12]。但为了让软组织能够充分愈合,一般选择植人后2周左右开始加力^[13,14]。这种加力方式在国内外文献报道中最常见而且临床应用普遍,相应的微种植体支抗成活率较高。在上下颌牙槽骨区成活率为87.8%,硬腭区为93.8%^[15]。因此在临床工作中应结合病人的具体情况选择合适的加载时机,尽量避免早期加载。

1.4 微种植体支抗的加载力值

选择适宜的压低力值非常关键,既要保证微种植体支抗不脱落不变形,又要保证伸长磨牙被有效压低。目前为止对不同的牙齿的压低力值还没有统一定论,但对于单个磨牙的压低,大多数国外文献推荐的力值都不超过300 g^[13-21]。Yao等^[13]和Park^[14]等人推荐使用150-200 g的力压低单颗磨牙。Kim等^[3,20]使用150 g力压低上颌第一磨牙。寻春雷,Moon等^[16,22]报道使用200-300 g力分别压低上颌第一第二磨牙取得较好的压低效果,且X线显示牙根吸收不具统计学意义。另外微种植体支抗联合部分固定矫治器同时压低上颌前磨牙和磨牙需要的力量会更大,颊舌侧力值200 g-400 g不等。

1.5 微种植体支抗压低磨牙的方法

(1)一枚微种植支抗。即在戴有固定矫治器的患者压低上颌磨牙时,可以在被需要压低牙齿的近中颊侧植一枚微种植支抗钉与对应段主弓丝牵引钩相连,主弓丝加根颊向转矩来抵抗压低过程中牙冠的颊倾。(2)一枚微种植支抗和改良型横腭杆。即在被压低磨牙的颊侧、牙冠近中植一枚微种植支抗钉,被压低磨牙腭侧加改良型横腭杆抵抗牙冠颊倾,横腭杆的Ω曲要离开上腭黏膜3-5 mm,以利于吞咽时舌压力压低牙齿。(3)二枚微种植支抗。即在被需要压低磨牙的颊侧、腭侧各植一枚(注意避让牙根,腭大神经)。用链状橡皮圈跨过被压低牙齿的牙合面来压低上颌磨牙^[16],或者是在上颌第一第二磨牙的颊舌面分别粘托槽、舌侧扣,用橡皮圈或镍钛拉簧将其与微种植支抗相连来同时压低2颗磨牙^[23]。(4)三枚微种植支抗。当上颌第二磨牙位于牙列的最游离端且伸长时,为了得到均匀压低的效果,往往在其颊侧近远中各植一枚微种植支抗钉,腭侧或靠近腭中缝的区域植一枚^[23-25]。用橡皮链或镍钛拉簧与粘在牙齿的舌侧扣相连。(5)四枚微种植支抗。即在被需要压低磨牙的颊侧、腭侧的近、远中共植入四枚微种植支抗^[26],一般是用来整体压低后牙段矫治前牙开合。若双侧后牙腭侧同时植入微种植支抗,与螺旋扩弓器联用还可以起到扩大上牙弓的作用。

2 微种植体支抗压低上颌磨牙的效果评价

临幊上,尽管微种植体支抗的选择多种多样,植人角度和加载时机、力量大小各有不同,但是依据压低上颌磨牙的临幊研究,文献中无论哪种压低方式都取得了预期的治疗目标,成功压低了伸长的磨牙,获得了足够的修复空间和美观的面部外形^[2,13,14,16,26]。研究表明一般经过5-8个月的疗程,上颌第一磨牙均可获得了3-4 mm的压低效果^[2,13,14,16,26],且X线片显示牙槽骨的高度在三维方向上无改变,根尖无明显吸收或根尖有平均0.02-0.4 mm的吸收,但其统计学均无意义。Moon等^[22]用微种植体支抗联合皮质骨切开术用时仅2个月即获得了3-3.5 mm的上颌磨牙压低。Lin等^[23]用2颗微种植支抗钉成功压低了上颌磨牙,为下颌磨牙提供了修复空间,且追踪一年上颌磨牙无伸长。。Lee等^[27]压低上颌磨牙的时间长达11个月,压低量为1.35±0.48 mm。Sherwood等^[20,28]研究表明微种植体支抗还可以通过压低上颌磨牙治疗前牙轻中度开牙合,减小患者面下三分之一高度,促进下颌骨的逆时针旋转,使患者获得了较治疗前美观的面型。

3 磨牙压低过程中可能出现的副作用及防治措施

3.1 微种植体支抗脱落或折断

微种植体支抗颈部或直径过细、植人时扭力过大、加力过大、植人区皮质骨厚度不足^[30]都可能造成微种植体支抗脱落或折断。要预防此种状况的发生,在植人前要拍X线片充分估计植人区的骨质、相邻牙根之间的距离,植人过程中注意降温、选择合适的扭矩,植人后要延迟加力,加力的大小也必须适宜^[8,17]。

3.2 损伤邻近解剖结构

如果植人不当,微种植体支抗可以损伤其邻近的解剖结构,如牙根、牙周膜、血管神经、上颌窦、下牙槽神经等^[31]。临幊中,微种植支抗一般要求与邻近双侧的牙根要至少保持2 mm的距离^[18],如果接触牙根,术中患者可以感觉到牙根的疼痛,术后牙齿冷热刺激痛;另外医生也可以感知操作中微种植支抗是否触到牙根,是否有进入窦腔中的落空感。若以上情况已发生,患者无症状,可能需要定期观察或直接拔除微种植体支抗,待术区恢复,重新预约种植。预防此种情况出现这就要求我们临幊医生必须掌握扎实的基本解剖知识和必要的影像学资料。

3.3 牙髓活力丧失,牙根吸收

在上颌磨牙被压低的过程中,医生和病人最担心的问题无疑是被压低磨牙的健康状况,包括牙髓的状态(是否会影响牙髓活力)、牙根是否发生了内吸收或外吸收等。因为压入力量比其他力量更容易发生牙髓坏死和牙根吸收,特别是患有风湿、类风湿、骨质疏松症等全身疾病的患者更容易发生上述情况。这就要求我们在临幊中关注患者的全身健康状况并根据情况及时调整压入力量的大小,或者选择其它更加柔和的压低磨牙方法。据报道如果牙髓正常,牙根轻微吸收在3-4个月是可以完全修复的^[32]。

3.4 可能引起牙齿周围的牙槽骨角型吸收,或骨丧失

磨牙被压低时,有可能出现牙槽骨吸收,尤其是牙周炎患者。但有报道称在被压低牙齿牙周炎症控制条件下,压低牙齿有利于减小骨下袋深度,改善牙周状况^[33]。还有学者用动物实

验也证实在牙周炎症控制条件下牙周纤维受牵拉(除根尖组外)诱导牙槽骨形成^[36,37]。但是如果牙周炎症得不到控制,正畸压低力量会加重牙周病患者的牙槽骨破坏,加速牙齿脱落的进程,因此在行正畸治疗之前,患者要维持良好的的口腔卫生条件及稳定的牙周健康状况。一旦发现牙齿松动度异常,需立即停止加力并做及时的牙周治疗^[33,34]。

3.5 引起周围软组织炎症或增生

如果微种植支抗钉周围积存食物残渣且患者没有及时处理会造成其周围组织红肿,甚至粘膜增生从而加重炎症,可能会引起种植钉脱落或暴露不全,无法加力。初期患者可用0.2%氯己定漱口预防种植钉周围炎症的发生,后期也可切除增生的软组织,暴露种植钉,保持口腔内卫生清洁^[17]。

3.6 压低的磨牙复发

上颌磨牙压低后又伸长的病例发生率高达30%^[38],尤其是在成人牙周病正畸患者人群中比例更高,常常是由于患者医从性差,在上颌磨牙压低后没有及时修复对颌缺失的牙,为此可以加强医患沟通,让患者主动及时修复对牙合的磨牙,这样可以使上下牙齿保持紧密的接触,形成良好的尖窝嵌合以减少复发的可能性。对于前牙开牙合的病例尤其是生长发育期的青少年可以采取过矫治的方法。另外,正畸患者尽量不使用负压压模保持器而使用Hawley保持器,或者应用功能矫治器进行保持,并且可以延长戴保持器的时间,这也将防止被压低的磨牙进一步的伸长。

4 微种植体支抗压低磨牙的生物力学研究

口腔正畸学的基本原理就是利用牙槽骨的可塑性,通过施加合适的矫治力量导致牙齿压力侧骨吸收和拉力侧骨改建,从而实现正畸牙齿的目标性移动。因此生物力学分析在口腔正畸学研究领域尤为重要。自从20世纪70年代,有限元分析法应用于口腔医学领域以来,有限元分析法已经成为口腔生物力学研究领域中一种有效分析的工具,为口腔疾病诊疗、医疗器械的优化设计等提供了重要的理论依据。

面对市场上复杂多样的微种植支抗系统,压低上颌伸长磨牙时,临床医生加力经常依靠以往的经验,缺乏可靠的、系统的生物力学依据。应用有限元分析方法可以快速的解决这些问题。Muhsin Çiftner等^[39]通过计算机断层扫描和激光扫描技术,将所得图像建立包括上颌磨牙及其牙周组织在内的上颌骨三维有限元模型,然后对每个后牙段种植支抗施加300g的力。评估微种植体支抗压低上颌三颗磨牙的力学机制及其效果,发现压低效果最好且牙根受力最均匀的方法是在牙齿的颊腭侧分别施力;力的大小要考虑牙根的表面积;在磨牙压低过程中,第一前磨牙根尖和第一磨牙近中根根尖区最容易发生骨吸收。因此临床提示我们在压低磨牙时要特别关注第一磨牙牙根,一旦发现有吸收影像要对其停止加力2个月,以促进牙根表面牙骨质的修复。Mathur等^[40]发现牙齿在受到压低、伸长、旋转力时,根尖区应力分布最大,在整体移动和倾斜移动时,应力集中在牙槽嵴顶而非根尖区。提示在压低上颌磨牙时,力量不易过大。曾照斌^[41]早在2008年即建立了上颌第一磨牙及其牙周膜、牙槽骨的三维有限元模型,分析了上颌第一磨牙在压低力量作用下,不同骨密度、不同时间段、不同牙槽骨高度下,牙齿及牙

周组织的应力应变情况。研究结果提示我们牙周膜这一致密结缔组织在压低过程中起到了很好的缓冲作用,而且它的变形最明显,因此在临床治疗中我们要注意随时调整压低力的大小,防止损伤牙周膜。因为压低力作用下应力主要集中于上颌第一磨牙的根中三分之一和根分叉的区域,表明根尖区域不容易造成明显的根吸收,这与以往临床研究的结果一致^[16,24,42];这也提示我们对骨质疏松患者压低磨牙时初始力值要小;对于牙周病患者根分叉暴露开始时压低磨牙要慎重,根分叉暴露则禁止仅通过正畸治疗压低磨牙。总上所述,压低磨牙的生物力学机制还有很多问题未能清楚,国内外文献相对较少,有待于继续探索。

5 小结与展望

综上所述,微种植体支抗作为一种绝对的骨性支抗,给正畸治疗带来全新的理念和技术。微种植体支抗与传统支抗方式相比较,具有极大的优越性,尤其是在压低伸长磨牙方面。应用微种植体支抗可以快速有效的取得良好的上颌磨牙压低效果。相信随着经济水平和科学技术的发展,微种植体支抗的应用会越来越广泛。但关于微种植体支抗压低上颌磨牙的生物力学研究较少,微种植体支抗压低上颌磨牙对患者颞下颌关节的影响亦无报道。对于前牙开合,牙槽骨后段发育过度的错合畸形,上颌磨牙压低的长期稳定性等相关问题也有待进一步研究。

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