

Efektivitas Akupunktur sebagai Terapi Tambahan dalam Tatalaksana Nyeri Pasca Odontektomi Gigi Molar 3 Impaksi: Systematic Review = Effectiveness of Acupuncture as an Adjunct Therapy on Pain Relief Following Surgical Removal of Impacted Third Molars (Odontectomy): A Systematic Review

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Abstrak

Latar Belakang: Odontektomi gigi molar 3 impaksi menimbulkan respons inflamasi seperti nyeri, pembengkakan, dan trismus yang mempengaruhi kualitas hidup pasien. Tatalaksana nyeri pasca odontektomi yang paling umum adalah dengan pemberian analgesik. Namun, medikasi analgesik tidak sepenuhnya efektif dan dapat menimbulkan efek samping. Sebagai salah satu metode fisik, akupunktur sering digunakan sebagai terapi tambahan dalam tatalaksana nyeri post-operatif. Tujuan: Mengevaluasi efektivitas akupunktur sebagai terapi tambahan dalam tatalaksana nyeri pasca odontektomi gigi molar tiga impaksi. Metode: Pencarian literatur ini mengacu pada pedoman PRISMA dan dilakukan pada 3 basis data daring (PubMed, ScienceDirect, dan Scopus) selama 10 tahun terakhir (2012-2021). Hasil: Terdapat 10 literatur dengan 4 metode akupunktur (akupunktur standar, elektro-akupunktur, akupunktur aurikular, dan TENS). Akupunktur menurunkan nyeri dan konsumsi analgesik pasca odontektomi, serta memperpanjang masa kerja anestesi lokal. Namun, pada 4 literatur, penurunan intensitas nyeri antara kelompok akupunktur dan plasebo tidak signifikan. Metode TENS lebih efektif apabila dibandingkan dengan metode akupunktur standar dan elektro-akupunktur. Kesimpulan: Akupunktur efektif dalam mengurangi nyeri pasca odontektomi gigi molar 3 impaksi terutama pada 3 hari pertama dengan efek samping minimal. Akupunktur dapat digunakan sebagai terapi tambahan dalam tatalaksana nyeri post-operatif pada bidang kedokteran gigi.

.....Background: Surgical extraction of impacted third molars may cause inflammatory responses such as pain, swelling, and trismus that can affect the patient's life. Analgesics are commonly used to treat postoperative pain. However, these drugs are associated with a number of undesirable side effects and are not fully effective. As one of the physical methods, acupuncture is often used for postoperative pain management. Objective: This systematic review evaluated the effectiveness of acupuncture as an adjunct therapy in treating post-surgical extraction of impacted third molar pain. Methods: This study refers to the PRISMA guidelines and was conducted on 3 online databases (PubMed, ScienceDirect, and Scopus) in the last 10 years (2012-2021). Results: Ten studies with 4 different acupuncture methods (standard acupuncture, electro-acupuncture, auricular acupuncture, and TENS) were selected. Acupuncture can reduce pain and analgesic consumption after surgical extraction, as well as effectively prolonging the duration of local anesthetics. However, in 4 studies, there was no significant difference between the acupuncture and placebo groups in reducing pain. TENS is more effective than standard acupuncture and electro-acupuncture. Conclusion: Acupuncture has proven effective for the management of post-surgical extraction of impacted third molars pain especially in the first 3 days with minimal side effects. Acupuncture can be used as an adjunct therapy in treating postoperative pain in dentistry.