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Treatment of temporomandibular joint dysfunction with the intra-articular injection

Aim: Temporomandibular joints dysfunctions are functional disorders consisting in abnormal functioning and pain of the mastication muscles, temporomandibular joints involved in dynamic movements of the mandible and surrounding structures, often associated with abnormal tooth occlusion in opposite arches. The aim of this study was to evaluate the regression of temporomandibular pain as a result of intra-articular injections of platelet-rich plasma (PRP) and hyaluronic acid to patients with temporomandibular joint dysfunction (disc displacement with reduction) subjected to prosthetic treatment.

Materials & Methods: The baseline study material consisted of 60 patients, males and females, aged 28 to 53 years, treated due to disc displacement with reduction. All patients were carried out to a specialist functional examination of stomatognathic system. The intensity of pain (muscles and temporomandibular joints) was measured by VAS+ WNRS score. Group I consisted of 30 patients, who had 1.5% hyaluronic acid intra-articular injections and group II 30 patients as well, who used platelet rich plasma obtain from own blood. The injection places were determined by the method used during arthroscopic surgical procedures. Following aspiration, 0.4 ml of PRP or hyaluronic acid was injected into both temporomandibular joints.

Results: The comparison of the intensity of pain and the result of clinical examination during all visits suggests a beneficial effect of both procedures.

Conclusion: Application of the intra-articular injections of platelet-rich plasma and hyaluronic acid into the temporomandibular joints have a positive impact on the reduction of the intensity of pain experienced by patients treated for temporomandibular joint dysfunction.

Biography

Malgorzata Pihut has completed her Graduation in Faculty of Medicine at Jagiellonian University, Poland. She is the Head of the Consulting Room of Temporomandibular Joints Dysfunction, Jagiellonian University Medical College. She is a Specialist in the field of General Dentistry and Dental Prosthetics, conducts training of students and has completed her Post-graduation in the field of Prosthetics. She is the author of over 150 publications, congress reports, and research in national and international journals. She is a Specialist in diagnosis and treatment of modern form of functional disorder in the stomatognathic system. She is a member of the ten national and international scientific societies, winner of the several prizes from Polish Ministry of Education.

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