

## Effectiveness of Chinese acupuncture on pain relief following surgical removal of impacted third molars: A self-controlled clinical trial

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**Introduction:** The extraction of the third molar commonly produces severe pain, swelling, and functional disability. The most common treatment for postoperative pain is nonsteroidal anti-inflammatory drugs. Unfortunately, these medications are associated with systematic side effects.

Acupuncture as a physical therapy may provide effective pain relief without these side effects.

**Aims:** This research is a self-controlled clinical trial designed to evaluate the effectiveness of Chinese acupuncture treatment in pain relief following the surgical extraction of impacted third molars.

**Materials and methods:** Acupuncture treatment was applied to 50 patients for 20 min immediately following surgical extraction of all impacted third molars on the left side of all patients.

Pain assessment was performed using a standardized questionnaire that contained information about the name and age of the patient, numbering and classification of the impacted tooth, timing and duration of the surgical operation, and a table with the visual analogue scale (VAS) for measuring pain intensity.

The pain intensity was measured several times. The measurement was started by the author himself who did the first two measurements. The patient was then asked to continue evaluating the pain intensity for the following periods: after 6 and 12 h and on the second, third, fourth, fifth, sixth, and seventh days.

**Results:** Pain intensity values were less for the acupuncture group for all studied periods.

**Conclusion:** Acupuncture treatment following surgical extraction of impacted third molars could reduce postoperative pain values.

### Biography:

Joul Kassis has completed his bachelor degree in Dentistry at the age of 23 years from Damascus University and completed his master degree in Oral and Maxillofacial Surgery (OMFS) at the age of 28 years from department of Oral and Maxillofacial Surgery at Faculty of Dentistry, Damascus University. He was the head of Doctors at the department of OMFS and a supervisor for four years on the dental school students. He has publication in the Journal of oral and maxillofacial surgery, medicine and pathology. Now he is a member of the Australian Dental Association, New South Wales Branch, Australia.