

Efek low level laser therapy (LLLT) terhadap nyeri trismus dan kualitas hidup pada pasien pasca operasi impaksi molar tiga bawah = Effect of low level laser therapy (LLLT) for pain trismus and quality of life qol in patient pasca lower third molar removal / Andi Dala Intan Sapta Nanda

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Abstrak

ABSTRAK

Latar Belakang : Low-level Laser Therapy (LLLT) merupakan suatu modalitas fisik yang digunakan dalam menunjang rehabilitasi. Pada pasca operasi impaksi molar tiga, dapat terjadi penurunan kualitas hidup karena beberapa respon fisiologis yaitu perdarahan ringan, bengkak, kekakuan dan nyeri. Yang menyebabkan disabilitas dalam aktivitas sehari-hari seperti makan dan minum. Dan mempengaruhi kualitas hidup pasien selama hari-hari pertama pasca operasi.

Metode :Desain penelitian studi Randomized Control Trial (RCT), single blind, terdiri dari 21 subjek grup intervensi LLLT dan 21 subjek grup kontrol (sham-LLLT) dengan rentang usia 18-30 tahun. Subjek grup intervensi diberikan dosis 54 J, densitas energi 18J/cm² di hari 0, 3 & 7 pasca operasi impaksi molar tiga bawah. Kualitas hidup dinilai dengan memakai Short Form 36 (SF-36) sebelum dan sesudah terapi Laser.

Hasil : Terdapat perbedaan signifikan menurunkan nyeri (VAS) pasca operasi di hari ke 3 & 7 (p<0,05) antara kedua grup. Terdapat pengurangan trismus secara statistik bermakna pasca operasi di hari ke 3 dan 7 (p<0,05) antara kedua grup. Terdapat perbedaan statistik yang bermakna (p<0,05) terhadap kualitas hidup SF-36 domain Peran Fisik (PF), Rasa Nyeri (RN), Kesehatan Umum (KU) antara kedua grup. Perbaikan kualitas hidup SF-36 juga terlihat bermakna secara statistik (p<0,05) pada komponen fisik (KF) setelah pemberian LLLT.

Kesimpulan : LLLT dapat menurunkan nyeri pasien pasca operasi impaksi molar 3 bawah dari hari 0 hingga 3 dan nyeri menghilang di hari ke 7 pasca-operasi. LLLT mengurangi trismus pasien terutama di hari ke 3 pasca operasi, trismus menghilang di hari ke 7 pasca operasi. Gambaran kualitas hidup melalui SF-36 pasien pasca operasi impaksi pada penelitian ini menunjukkan hasil lebih rendah pada komponen fisik dibandingkan komponen mental. Dan terdapat peningkatan kualitas hidup pada pasien pasca operasi impaksi molar tiga bawah post-LLLT.

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ABSTRACT

Background: Low-level Laser Therapy (LLLT) is a physical modality used in rehabilitation support. In lower third molar impacted patients, a decline in QOL due to some physiological response such as mild bleeding, swelling, stiffness and pain. This leads to disability in daily activities such as eating and drinking. And also can affect QOL of patients during the first days after surgery.

Methods: Study design Randomized Control Trial (RCT), single blind, consisting of 21 subjects in intervention group & 21 subjects LLLT sham-LLLT with an age range of 18-30 years. Subjects in the intervention group was given a dose 54 J, energy density 18J/cm² at day 0, 3 & 7 pasca lower third molar removal. Both groups were assessed QOL using the Short Form 36 (SF-36) before and after LLLT.

Results: There was a statistically significant reduction in pain (VAS) post-operative on day 3 and 7 (p

<0.05) between both groups. There is a statistically significant reduction of post-operative trismus at day 3 and 7 ($p < 0.05$) between both groups. There is QOL improvement on the SF-36 domains Role Physical (RP), Bodily Pain (BP), General Health (GH), which was statistically significant ($p < 0.05$) in both groups. Improvement of QOL SF-36 was also statistically significant ($p < 0.05$) on the Physical Component (PCS) between both groups.

Conclusion: LLLT can reduce post-operative pain of lower third molar impacted patients from day 0 to 3 and disappeared at day 7 post-surgery. LLLT therapy reduces trismus under particularly at day 3 post-surgery and eliminate trismus on post-surgery day 7. Profile of the QOL through the SF-36 after lower third molar removal showed lower results on the Physical Component than the Mental Component. And increase QOL of lower third molar removal patients after post-LLLT.