

口腔种植术后疼痛机制及治疗的研究进展

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[摘要] 随着口腔种植技术的快速发展,在牙列缺损或牙列缺失患者中,口腔种植修复已逐渐成为一种常规的修复方式。然而,口腔种植术作为“侵入性”治疗,即使经过准确的术前评估和规范的外科手术,患者也可能出现术后疼痛。术后疼痛会影响患者的语言交流、咀嚼及吞咽等,使患者的生活质量降低,甚至可引起医疗事故。随着种植手术的普及,未来可能会有更多的患者遭受种植术后疼痛,尤其是种植术后神经病理性疼痛,其治疗难度仍较大,且治疗药物的疗效往往不确切,并与各种不良反应有关。本文介绍了种植术后疼痛的相关机制,对种植术后疼痛的治疗进行概括,并结合当前研究热点提出未来治疗种植术后神经病理性疼痛的潜在靶点,旨在为开展相关临床工作提供新思路。

[关键词] 口腔种植; 神经病理性疼痛; 中枢敏化; 外周敏化; 靶点治疗

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Research progress on the mechanism and treatment of pain after oral implants

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[Abstract] With the rapid development of dental implant technology, the use of oral implants to replace missing teeth has gradually become a routine restorative modality in patients with dentition defects or dentition loss. However, dental implant surgery is an invasive treatment, and the postoperative pain of surgery after implant placement occurs despite accurate evaluation and careful treatment. Postoperative pain will affect the daily life of patients, such as language communication, chewing, and swallowing, and in serious cases, even cause medical accidents. With the popularity of implant surgery, numerous patients may suffer from post-implant pain in the future. In particular, neuropathic pain after dental implants remains difficult to treat, and the efficacy of therapeutic drugs is often inaccurate, which is related to various adverse effects. This article introduces the related mechanisms of pain after dental implants, gives an overview of the treatment of pain after dental implants, and proposes potential targets for the future treatment of neuropathic pain after dental implants in the context of current research hotspots. This paper aims to provide new ideas for conducting relevant clinical studies.

[Key words] dental implants; neuropathic pain; central sensitization; peripheral sensitization; target treatment

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与传统修复方式相比,口腔种植修复在恢复口腔功能和美观上更具优势,越来越多的人开始接受种植牙^[1]。随着口腔种植技术的普及,可能出现的术后并发症日益增多,其中最常见的术后症

状为疼痛^[2]。据统计, 种植术后伤害性、炎症性疼痛的发生率为68.5%^[3], 而种植术后神经病理性疼痛 (neuropathic pain, NP) 的发生率为0.3%^[4]。术后疼痛是影响患者种植意愿的重要因素, 根据视觉模拟评分法 (visual analogue scale, VAS) 评估, 大多数患者在种植术后会经历轻到中度的疼痛, 少数患者可能经历重度疼痛^[5]。种植术后疼痛可分为伤害性疼痛、炎症性疼痛和NP^[6], 其中, 伤害性疼痛及炎症性疼痛的治疗方案简单、有效, NP的治疗则陷入困境。

1 种植术后疼痛的发病机制

1.1 伤害性疼痛与炎症性疼痛

通常情况下, 种植术后疼痛多为伤害性或炎症性疼痛, 持续时间很短^[6]。伤害性疼痛由机械、热或化学信号刺激伤害性感受器而产生。手术创伤突破了位于牙周和骨组织内伤害性感受器的阈值, 并由信号传递速度快的有髓A- δ 纤维 (信号速度为5~30 m/s) 介导急性疼痛, 通过脊髓背角传入到高级中枢神经系统 (central nervous system, CNS)^[7]。

术后炎症性疼痛通常以隐痛或跳痛为特征, 由信号传递速度较慢的无髓C纤维 (信号速度为0.5~2 m/s) 传递。炎症性疼痛在术后约48~72 h达到顶峰, 并由炎性介质的释放所介导^[8]。缓激肽、钾离子、氢离子、组胺和一氧化氮可以直接作用于外周伤害性感受器导致疼痛, 而神经肽如P物质和降钙素基因相关肽 (calcitonin gene-related peptide, CGRP)、生长因子等可以发挥间接作用, 通过刺激新招募的炎症细胞释放疼痛诱导因子导致疼痛。

1.2 NP

种植术后NP通常为中至重度的持续性疼痛, 以灼痛、刺痛、针刺样和电击样疼痛为主要症状^[9]。术中损伤下牙槽神经, 或术后的伤害性、炎症性疼痛经三叉神经传入CNS, 在周围神经系统神经元、CNS神经元及胶质细胞的共同作用下, 最终引发种植术后NP。NP一旦发生, 即使不再接受外界的伤害性刺激, 疼痛也可持续存在。

1.2.1 外周机制 临床中与其他口腔治疗相比, 种植术导致的神经损伤占比较高^[8,10], 且多发生于下牙槽神经。种植术中损伤下牙槽神经会使神经的连续性中断, 中断部位将来可能会形成神经瘤。

神经瘤可以自发产生神经冲动, 这种自发的神经冲动传入CNS, 即可产生疼痛感^[11]。此外, 种植术后的组织损伤或炎症可使伤害性感受器的兴奋性持续增加, 对伤害性刺激更加敏感, 甚至可以对无害刺激作出反应, 这种现象被称为外周敏化 (peripheral sensitization)^[12]。当外周敏化发生时, 传入神经可以自发产生神经冲动, 并通过缝隙连接和旁分泌过程扩散至邻近的传入神经, 使疼痛扩散。外周敏化与促炎介质、神经肽以及某些离子通道或受体有关, 如炎症因子: 肿瘤坏死因子- α (tumor necrosis factor, TNF- α)、白细胞介素 (interleukin, IL) -1 β 、IL-6等、神经肽 (P物质、CGRP)、电压门控钠 (Nav) 通道、瞬时受体电位离子通道 (transient receptor potential vanilloid 1, TRPV1)、神经生长因子受体 (nerve growth factor receptor, NGFR)、嘌呤能受体 (purinergic P2X receptors, P2XR; purinergic P2Y receptors, P2YR)、大麻素受体 (cannabinoids receptor 2, CB2) 等^[13-15]。

1.2.2 中枢机制 除周围神经系统外, CNS也在种植术后NP中发挥了重要作用。种植术后NP发生时, 疼痛信号传至三叉神经脊束核, 然后通过丘脑投射到躯体感觉皮质和边缘皮质^[16-18]。因此, 三叉神经核是外周伤害性感受器和CNS之间的第一个接口。外周敏化发生后, 受伤或有炎症的外周组织再次接受刺激时, 初级感觉纤维会产生高频动作电位并传递至三叉神经脊束核尾侧亚核 (caudal subnucleus of spinal trigeminal nucleus, Vc), 使Vc伤害性感觉神经元持续敏化, 造成持续性疼痛。之后, 这些中枢神经元对传入的刺激反应更快, 这种现象被称为中枢敏化 (central sensitization, CS)^[12]。CS发生后会产生一种现象: 将A- β 纤维所携带的非伤害性信号 (即本体感觉) 编码放大为伤害性信号, 称为痛觉超敏。CNS所发生的这些变化可以长期甚至是永久性存在。痛觉超敏发生时, 疼痛成为了由中枢介导的NP, 即使不再接受伤害性刺激, 疼痛也会持续存在。

1.2.3 神经胶质细胞的作用 既往对于种植术后NP机制的研究主要集中在伤害性感觉神经元。然而近年越来越多的学者开始关注神经胶质细胞在种植术后NP的作用。神经胶质细胞在组织损伤时激活, 并参与CS, 与种植术后NP直接相关^[19-20]。现已经提出了许多胶质细胞诱导和维持NP的机制, 包括P2X4受体-脑源性神经营养因子通路、丝

裂原活化蛋白激酶 (mitogen-activated protein kinase, MAPK) 通路、核因子- κ B (nuclear factor-kappa B, NF- κ B) 通路、Janus激酶/信号转导与转录激活子 (Janus kinase/signal transducers and activators of transcription, JAK/STAT) 通路、磷酸酶和张力蛋白同源物-蛋白激酶B (phosphatase and tensin homolog/protein kinase B, PTEN-PKB) 通路的激活, 以及炎症因子 (如IL-1 β 、IL-6、IL-18、TNF- α)、C-C基序趋化因子配体2 (C-C motif chemokine ligand 2, CCL2)、一氧化氮的增加等^[20-23]。

2 种植术后疼痛的影响因素

2.1 手术因素

手术类型是影响种植术后疼痛的重要因素之一。不翻瓣手术与翻瓣手术相比, 手术方式更微创, 创伤范围小, 患者术后疼痛程度较低^[24]。与常规种植手术相比, 行骨增量手术或上颌窦底提升术的患者术后疼痛程度明显增加^[25-26]。复杂的手术意味着手术时长的增加, 术中及术后感染的风险增高, 术后炎症反应也更明显, 从而增加术后疼痛程度。此外, 术前预防性用药可降低术后疼痛。Mattos-Pereira等^[27]的Meta分析结果表明: 种植术前预防性使用止痛药可在术后6~8 h显著降低疼痛评分, 且术前预防性使用600 mg布洛芬的止痛效果最佳。术中局部麻醉药的剂量也影响着术后疼痛, Sánchez-Siles等^[28]报道: 大剂量 (大于7.2 mL) 局部麻醉药会引起局部血管扩张, 释放炎症介质, 进而刺激无髓纤维产生疼痛。因此, 接受低剂量局部麻醉药的患者与接受高剂量局部麻醉药的患者术中疼痛程度相同, 但前者术后疼痛程度显著低于后者。

综上所述, 临床上口腔医生应树立科学的微创理念, 合理设计种植手术方案, 对于多颗牙缺失的患者, 应提前告知患者术后疼痛风险, 考虑分次种植。术前可预防性使用镇痛药, 术中严格控制局部麻醉药的剂量, 同时将手术创伤最小化, 避免不必要的组织损伤, 以减轻术后疼痛, 防止发生外周敏化。

2.2 患者自身因素

影响种植术后疼痛的因素可能还包括焦虑情绪、年龄、性别等^[26,29-30]。Zhang等^[30]认为, 术前焦虑水平较高的患者更易出现严重的术后疼痛, 可

能是由于焦虑能够降低机体的疼痛阈值, 从而使焦虑患者的疼痛感知更加明显。

大多数的口腔种植术后疼痛研究均未表明患者术后疼痛与年龄具有明显相关性^[6,30]。但一些学者^[31]的研究结果发现: 年轻患者比老年患者有更高的术后疼痛评分。他们认为, 老年患者可能有更多的疼痛经历, 从而对疼痛耐受性较高。

种植术后疼痛是否与性别相关, 各研究结果不一致, 但不同性别对疼痛反应存在差异的观点已经在流行病学及临床研究中被证实^[4,30,32]。大多数的研究认为女性对疼痛的感知更敏感^[33], 可能与男女激素水平不同有关, 亦或是女性更倾向于表达疼痛感受所导致。鉴于此, 临床医生应给与患者更多的人文关怀, 以改善患者的心理状态, 从而减轻术后疼痛。

3 种植术后疼痛的治疗

3.1 药物治疗

3.1.1 伤害性及炎症性疼痛的治疗 种植术后疼痛的治疗以药物为主, 但目前关于药物疗效的研究并不多^[8]。虽然拔牙术和种植术有明显区别, 但两种手术都会造成黏膜及牙周组织损伤, 产生伤害性、炎症性疼痛的机制可能类似^[34], 或可以将处理拔牙后疼痛的止痛药应用于种植术后疼痛的控制。但种植体骨结合是种植牙的基础, 必须考虑止痛药物对种植体骨结合的影响。临床上非甾体抗炎药 (nonsteroidal anti-inflammatory drug, NSAID) 是最常用的药物, 如阿司匹林、布洛芬和双氯芬酸等。然而NSAID对种植体周围成骨的影响结论不一, 还需要进行更多相关的临床研究来评价^[35-38]。糖皮质激素类药物, 如皮质醇、泼尼松龙和地塞米松等, 可以有效用于治疗口腔颌面外科术后的疼痛^[7,39]。但糖皮质激素会对成骨细胞前体细胞造成影响, 可以减弱成骨细胞与种植体表面的黏附, 从而影响骨结合^[40]。因此, 不推荐使用糖皮质激素来治疗种植术后疼痛。阿片类药物由于不良反应较大, 不适用于种植术后伤害性及炎症性疼痛的治疗^[7,41]。目前的循证文献仍不能提出种植术后疼痛最佳的止痛方案^[7,42], 且不能支持NSAID对种植体的骨结合有负面影响, 因此仍建议开具NSAID短期处方 (小于3 d) 以管理术后疼痛。

3.1.2 NP的治疗 迄今为止, 尚无药物可彻底治

愈种植术后NP^[43]。种植术后NP的治疗参考了创伤后三叉神经病理性疼痛 (post-traumatic trigeminal neuropathic pain, PTNP) 的治疗方案, 但治疗效果不佳^[44]。一线药物包括三环类抗抑郁药 (tricyclic antidepressant, TCA) 如阿米替林, 5-羟色胺-去甲肾上腺素再摄取抑制剂 (serotonin-norepinephrine reuptake inhibitor, SNRI) 如度洛西汀等^[42,45]。然而, 许多患者报告使用药物后疼痛并没有完全缓解。有动物实验^[46]证明: TCA并不能减轻大鼠模型中的痛觉超敏, 且这些药物存在不良反应, 如心脏毒性、口干、直立性低血压、便秘和头晕等^[47]。二线药物有曲马多、高浓度辣椒素贴片和利多卡因贴片等^[45], 其在大鼠和小鼠模型中都显示出积极的效果^[48], 这种用药方式的主要问题也在于药物明显的不良反应^[49]。三线药物包括选择性5-羟色胺再摄取抑制剂 (selective serotonin reuptake inhibitor, SSRI)、抗惊厥药物和N-甲基-D-天冬氨酸受体 (N-methyl-D-aspartate receptor, NMDAR) 拮抗剂。卡马西平是治疗NP的三线药物, 其疗效并不确切^[50-52]。四线药物包括低剂量阿片类药物。阿片类药物的不良反应与剂量相关, 包括嗜睡、便秘、身体依赖、呼吸抑制耐受性和成瘾性。因此, 通常不建议使用阿片类药物治疗NP, 只有当其他药物无效时, 才可考虑阿片类药物^[42,45,47]。

五线药物是靶向药。越来越多的临床前研究试图阐明种植术后NP的机制, 并致力于确定分子靶点以更好地治疗疼痛^[53]。种植术后NP的治疗靶点是降低外周及CS的程度。针对外周敏化, 应积极采取镇痛治疗, 以避免病情慢性化。此时, 药物选择可考虑CGRP拮抗剂、钠离子通道阻断剂等。CGRP在三叉神经通路中过度表达^[54], 可给予CGRP受体拮抗剂, 通过抑制神经肽介导的三叉神经末梢的信号传递来缓解种植术后NP^[55]。Nav通道与轴突异位放电和阵发性疼痛有关。因此, 应用Nav抑制剂可以阻止Nav在三叉神经节的过度表达和NP的加重^[56]。TRPV1是非选择性阳离子通道, 通过抑制其在三叉神经通路中的过度表达可用于治疗由伤害性感受器激活引起的神经源性炎症^[57-60]。一旦NP持续存在或有加重表现, 可能代表其发病机制中的CS占主导, 治疗靶点应向中枢转移。此时药物可选择大麻素、米诺环素等。Hossain等^[13]发现: 抑制内源性大麻素2-花生酰基甘油的降解可以减轻小鼠三叉神经损伤后的CS的

发生。因此, 基于大麻素的治疗策略成为了有希望的新选择。小胶质细胞的激活及其P2X4受体的表达参与CS的过程, 使用胶质细胞抑制剂米诺环素可以阻断小胶质细胞的激活, 从而防止痛觉超敏^[61-62]。

种植术后NP患者的病情大多错综复杂, 其早期发病机制单一, 随着疾病的进展或病程的延长, 神经的可塑性变化使疼痛的维持和发展越来越复杂。因此, 理解NP的发病机制, 寻找疼痛传导通路上的治疗靶点应成为今后研究的重点。由于不同阶段的NP发生发展机制不同, 临床上需要根据病程阶段进展和病情变化及时、准确地调整治疗靶点和治疗方案, 个体化优化诊疗方案, 才能取得较满意的临床效果。

3.2 手术治疗

关于手术治疗种植术后NP的报道并不多^[63]。手术干预的时机很重要, 因此建议临床上尽早取出失败的种植体, 以减少疼痛和神经病变的发生^[64]。显微外科手术可用于治疗种植手术造成的神经损伤, 如体外减压术、神经内松解术、神经瘤切除术、神经缝合术和神经移植术。对于长期疼痛, 以及对上述任何一种药物敏感度低的患者, 可以考虑手术治疗。术前应告知患者手术成功的可能性及与手术相关的风险, 取出种植体可能会造成额外的神经损伤, 甚至可能会加剧疼痛并扩大疼痛的范围^[32]。

脑成像研究为种植术后疼痛相关的脑功能变化提供了新的见解。已证实许多结构如丘脑、躯体感觉皮层、前扣带回、岛叶等都参与了种植术后疼痛的传递^[65]。侵入性运动皮质刺激 (invasive motor cortex stimulation, IMCS) 已成为治疗各种顽固性NP的最后手段。Henssen等^[66]报道: 将IMCS作为慢性神经病理性口面部疼痛最后的治疗手段, 用来治疗三叉神经系统中枢改变导致的慢性神经性疼痛患者效果最好。基于这些研究可以推测, 将脑成像研究与IMCS结合有望成为治疗种植术后NP的新方法。

3.3 心理治疗

现代医学普遍认为疼痛是一种复杂的心理活动, 包含痛感觉和痛情绪2种成分。目前, 国内外对种植术后疼痛的研究多聚焦于痛感觉的层面, 而其痛情绪的调节和作用机制属于前沿探索, 对理解种植术后疼痛的特点和辅助治疗可提供新的思路。种植术后疼痛可能需要长期治疗, 通常会

导致一些负性情感如焦虑和抑郁等,这种负性情感统称为痛情绪。Yu等^[67]发现:牙齿疼痛所产生的痛情绪可能由尾侧前扣带皮层中的NMDAR所介导,这为缓解疼痛负性情感提供了一个新的视角。另外,有学者^[68]建议:认知行为疗法和心理社会干预也可用于种植术后神经性疼痛的治疗。Pogrel等^[69]建议:患有长期NP的年轻患者可以尝试以下方法保守治疗,如冰敷、热敷、瑜伽、咀嚼口香糖、针灸、按摩和中草药治疗等,随着时间的推移,疼痛可能会得到改善。

4 总结

种植术后疼痛通常是伤害性或炎症性疼痛,持续时间短、疼痛程度低,可通过短期服用小剂量非甾体类抗炎药控制。而种植术后NP却通常是慢性的,痛感更剧烈,其与下牙槽神经损伤以及外周敏化和CS的发生有关。目前使用的临床药物疗效不确切,且不良反应较多,因此治疗种植术后NP的难度很大。越来越多有关种植术后NP的分子靶点被发现,如神经肽、Nav通道、TRPV1、CB1、NMDA受体、神经胶质细胞等。当常规药物的不良反应难以承受或止痛效果不佳时,可以尝试使用靶向药来控制术后NP。由于不同阶段的NP发生发展机制不同,临床上需要根据病程阶段进展和病情变化及时、准确地调整治疗靶点和治疗方案,以减轻种植术后NP。

目前,医生和患者对种植术后疼痛缺乏认知,且通常认为口腔种植术并不是一项复杂的手术。术后患者大多自行居家护理,口腔医生无法真正了解患者的疼痛情况,患者术后疼痛的管理并不理想。因此,今后口腔医生应加强对患者的回访,将种植术后疼痛的管理纳入种植术治疗的临床路径,以最大限度减少术后疼痛,提高患者的生活质量。

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