

Anticipation of Pain and Side Effects of Pain over Fixed Orthodontic Treatment - A Questionnaire Based Study

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Abstract: Aim: The aim of the survey is to assess the Anticipation of pain and side effects of pain over fixed orthodontic treatment among the people coming to Saveetha dental hospital. Method: A questionnaire comprising of 10 questions pertaining to pain and side effects of fixed orthodontic treatment was distributed amongst 100 people in saveetha dental hospital, ponamallee, Chennai, India and the results were then analysed. Inclusion Factor: people coming for treatment in Saveetha dental hospital. Conclusion: Patient's expectations concerning the pain level and the side effect on their life is very low. Patient doesn't know the amount of pain they have to bare during the treatment. Patients underestimate the changes they would need to make in their diet after the treatment. Anxiety plays a major factor determining whether the patient experience post-operative pain and the level of pain that they experience

Keywords: Anticipation of pain

1. Introduction

Pain, which includes sensations evoked by, and reactions to, noxious stimuli, is a complex experience and often accompanies orthodontic appointments. This, among the most cited negative effects of orthodontic treatment, is of major concern to patients as well as clinicians (1) and is evident in recent publications (2). Surveys performed to determine the experience of orthodontic pain have rated it as a key deterrent to orthodontic therapy and a major reason for discontinuing treatment (3). One survey rated pain as the greatest dislike during treatment and fourth among major fears and apprehensions prior to orthodontic treatment.

Pain is a subjective response, which shows large individual variations. It is dependent upon factors such as age, gender, individual pain threshold, the magnitude of the force applied, present emotional state and stress, cultural differences, and previous pain experiences(4).The purpose of the study was to assess the anticipation of pain and side effects of fixed orthodontic treatment among the patient of saveetha dental hospital, ponamallee, Chennai, India.

2. Materials and Method

The study was conducted in saveetha dental hospital, ponamallee, Chennai, India. A questionnaire comprising of 10 questions pertaining to anticipation of pain and side effects of fixed orthodontic treatment was prepared. The questionnaire thus prepared is shown in figure 1.

100 patient of saveetha dental hospital, ponamallee, Chennai, India, were given questionnaire and their response was noted.

Figure 1

3. Questions

1] PAIN DURING TREATMENT

a) NO PAIN b) MODERATE PAIN c) SEVERE PAIN d) UNTOLERABLE PAIN

2] DOES THE PAIN DURING THE TREATMENT INFLUENCE YOUR DAILY LIFE?

a) NO EFFECT b) MODERATE CHANGE c) COMPLETE CHANGE

3] DOES THE DIET PATTERN CHANGE DUE TO PAIN?

a) NO CHANGE b) FEW CHANGES c) COMPLETELY CHANGED

4] DO YOU HAVE HEADACHE DUE TO PAIN?

a) NO PAIN b) MODERATE PAIN c) SEVERE PAIN d) UNTOLERABLE PAIN

5] CAN YOU MAINTAIN PROPER ORAL HYGIENE DUE TO PAIN?

a) YES b) SOEMTIMES CANNOT c) NO

6] ANY ULCERATION IN MOUTH DURING THE TREATMENT?

a) ALWAYS b) SOMETIMES c) NEVER

7] DOES YOUR CONCENTRATION ON WORK LAGS DUE TO PAIN?

a) ALWAYS b) SOMETIMES c) NEVER

8] HAVE YOU GOT TEMPEROMANDIBUALR JOINT PROBLEM DUE TO PAIN?

a) ALWAYS b) SOMETIMES c) NEVER

9] WHAT IS YOUR PAIN SCALE DURING APPOINTMENTS?

Volume 5 Issue 6, June 2017

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a) NO PAIN b) MODERATE PAIN c) SEVERE PAIN d) UNTOLERABLE PAIN

10] HAVE YOU THOUGHT OF DISCONTINUING THE TREATMENT DUE TO PAIN?

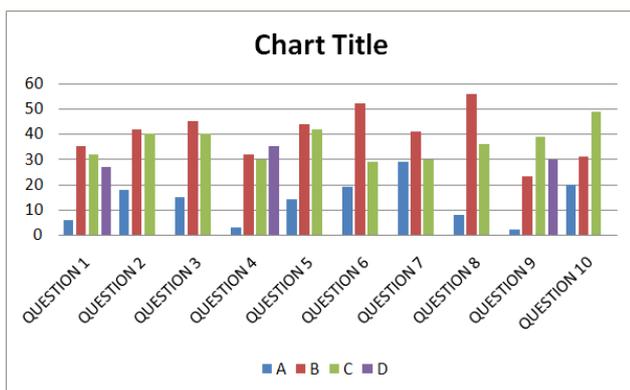
a) ALWAYS b) SOMETIMES c) NEVER

4. Results

TOTAL OF 100 patients of saveetha dental hospital, ponamallee, Chennai, India, were given questionnaire. The results are summarized as follows:

Out of 100 people, 6% says no pain during the treatment 35% says moderate pain 32% says severe pain and 27% says intolerable pain. 18% says that the pain does not influence the daily life, 42% says of moderate change and 40% says of complete change. 15% says that the diet pattern has not changed due to pain, 45% says of few changes and 40% says of complete change. 3% says that they don't had headache due to pain, 32% says of moderate pain, 30% says of severe pain and 35% says of intolerable pain. 14% says of they can maintain oral hygiene, 44% says sometimes cannot and 42% says never. 19% says that they get mouth ulcer, 52% says sometimes and 29% says always. 29% says they lag concentration in work due to pain, 41% says sometimes and 30% never. 8% says that they got temporomandibular joint pain due to pain, 56% says sometimes and 36% says never. 2% says that they don't have pain during appointments, 23% says of moderate pain, 39% says of severe pain and 30% says of intolerable pain. 20% says they always thought of discontinuing the treatment due to pain, 31% says sometimes and 49% says never to it.

Assessment of Anticipation of Pain and Side Effects of Fixed Orthodontic Treatment among People:



5. Discussion

The survey was done to assess the anticipation of pain and side effects of fixed orthodontic treatment among 100 patients in saveetha dental college, ponamallee, Chennai, India. The results shows that Out of 100 people, 6% says no pain during the treatment 35% says moderate pain 32% says severe pain and 27% says intolerable pain. 18% says that the pain does not influence the daily life, 42% says of moderate change and 40% says of complete change. 15% says that the diet pattern has not changed due to pain, 45%

says of few changes and 40% says of complete change. 3% says that they don't had headache due to pain, 32% says of moderate pain, 30% says of severe pain and 35% says of intolerable pain. 14% says of they can maintain oral hygiene, 44% says sometimes cannot and 42% says never. 19% says that they get mouth ulcer, 52% says sometimes and 29% says always. 29% says they lag concentration in work due to pain, 41% says sometimes and 30% never. 8% says that they got temporomandibular joint pain due to pain, 56% says sometimes and 36% says never. 2% says that they don't have pain during appointments, 23% says of moderate pain, 39% says of severe pain and 30% says of intolerable pain. 20% says they always thought of discontinuing the treatment due to pain, 31% says sometimes and 49% says never to it. From the above results it states that Pain, which includes sensations evoked by, and reactions to, noxious stimuli, is a complex experience and often accompanies orthodontic appointments. This, among the most cited negative effects of orthodontic treatment, is of major concern to patients as well as clinicians (1) and is evident in recent publications (2). Surveys performed to determine the experience of orthodontic pain have rated it as a key deterrent to orthodontic therapy and a major reason for discontinuing treatment (3). One survey rated pain as the greatest dislike during treatment and fourth among major fears and apprehensions prior to orthodontic treatment.

Pain is a subjective response, which shows large individual variations. It is dependent upon factors such as age, gender, individual pain threshold, the magnitude of the force applied, present emotional state and stress, cultural differences, and previous pain experiences (4).

6. Conclusion

Patient's expectations concerning the pain level and the side effect on their life is very low. Patient doesn't know the amount of pain they have to bare during the treatment. Patient underestimates the changes they would need to make in their diet after the treatment. Anxiety plays a major factor determining whether the patient experience post-operative pain and the level of pain that they experience

Reference

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