

# BÖLÜM 8

## TEMPOROMANDİBULER EKLEME CERRAHİ BAKIŞ

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### GİRİŞ

Temporomandibuler eklem (TME), insan vücudunda en kompleks yapıdaki eklemlerden biri olup, dental oklüzyon ve nöromusküler sistemde önemli bir role sahiptir (1). Temporomandibuler eklemde ait düzensizlikler (TMD), hastaların günlük aktivite ve fonksiyonlarını önemli ölçüde sınırlayabilecek ağrı ve kısıtlı ağız açıklığı ile ortaya çıkabilmektedir. Literatürde bildirilen TMD prevalansı bakımından epidemiyolojik çalışmalar arasında anlamlı farklılıklar bulunmakla birlikte, genel popülasyonun yaklaşık %70 kadarında en az bir adet TMD belirtisinin mevcut olduğu düşünülmektedir (2). Bir meta-analiz çalışmasında, musküler bozuklukların %45, disk düzensizliklerinin %41 ve eklem ağrısı bozukluklarının %34 prevalansa sahip olduğu bildirilmiştir (3).

TMD tedavisinin temel amacı ağrının önlenmesi/azaltılması ve normal mandibuler fonksiyonun sağlanabilmesidir. En etkili sonucun elde edilmesinde, TMD'ye zemin hazırlayan stres, depresyon, oral parafonksiyonel alışkanlıklar gibi faktörlerin belirlenerek tedavi stratejisinin oluşturulması büyük önem arz etmektedir (4). TMD tedavisi, cerrahi olmayan ve cerrahi yaklaşımlar olarak iki temel kategoride incelenmektedir. Bu bölümün amacı, TMD tedavisinde uygulanan cerrahi yaklaşımlara güncel literatür desteğiyle genel bir bakış sağlamaktır.

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