

Bölüm 4

ORTODONTİK TEDAVİDEKİ KOMPLİKASYONLARA GÜNCEL BİR BAKIŞ

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1. GİRİŞ

Her medikal tedavinin avantajları, dezavantajları, riskleri ve komplikasyonları vardır. Bunlar prognozu, tedavi planını ve tedavinin genel kalitesini etkilemektedir. Ortodontik tedavi için de bu durum geçerlidir. Her ne kadar cerrahi branşlardaki kadar yüksek olmasa da ortodonti branşında da geniş bir komplikasyon yelpazesi mevcuttur. Bunun sebebi, aparey ve materyal çeşitliliğinden, aktif tedavi süresinden, tedavi alternatifi çeşitliliğinden ve hasta grubunun geniş yaş aralığından kaynaklanmaktadır. Hastanın tedavisine başlamadan önce risk faktörleri ve olası komplikasyonlar, hastaya özel olarak değerlendirilmeli ve zarar-yarar dengesi göz önüne alınarak tedaviye başlamaya karar verilmelidir.

Komplikasyonların yaşanmasının önüne geçmek için ilgili konuya hakim olmak, detaylı bir tedavi planı hazırlamak, tedavi planını dikkatlice uygulamak ve hastayı sorumlulukları hakkında iyi bilgilendirmek gerekmektedir. Yine de komplikasyonlar, bütün branşlardan hekimlerin başına gelebilmektedir. Hekimin gerekli tedbirleri tedavi öncesinde almasından bağımsız olarak, meydana gelmiş komplikasyona da doğru müdahale edebilmelidir.

Kökeni Fransızcadan gelen ve karmaşıklık anlamında olan komplikasyonlar, ortodontide; lokal, sistemik ve diğer olmak üzere üç ana başlık altında sınıflandırılabilir.

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4.3 Hastanın Tedaviye Uyum Göstermemesi

Ortodontik tedavinin süresi ve başarısı mekanik faktörlerin yanı sıra hastanın uyumuna, motivasyonuna ve kooperasyonuna bağlıdır (157). Qabool ve ark. (157), ortodontik tedavi süreci boyunca farklı aşamalarda kooperasyonun ve uyumun değiştiğini belirtmektedir. Kooperasyonun seviyeleme aşamalarında yüksek iken boşluk kapama aşamasında düşmeye başladığını ve tedavi bitene kadar da düşmeye devam ettiğini belirtmişlerdir.

5. SONUÇ

Görüldüğü gibi ortodontik tedavilerde çeşitli komplikasyonlar mevcuttur. Ortodonti de diş hekimliğinin tüm alanlarında olduğu gibi sürekli değişmekte ve gelişmektedir. Her yeni metot, malzeme ve teknolojinin entegre olmasıyla yeni tedavi opsiyonları ve bununla birlikte daha farklı komplikasyonlar da oluşmaktadır. Her branşta olduğu gibi aktif çalışan her hekim komplikasyonlarla karşılaşacaktır. Hekim bu komplikasyonlarla karşılaşmadan önce gerekli önlemleri almalı ve karşılaştıktan sonra da durumun yönetimini en doğru şekilde yapacak şekilde bilgi sahibi olmalıdır.

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