



PHO University Dental Clinical Centre "Sveti Pantelejmon" Clinic  
of oral surgery – Skopje,  
University "Goce Delcev" – Stip,  
Faculty of Medical Sciences, Studies for General Stomatology,  
PHO Mediana Medikal –Skopje, Oral surgery



*SKOPJE, R. MACEDONIA*



# THE QUALITY OF LIFE AFTER THIRD MOLAR SURGERY

Menceva Zaklina<sup>1</sup>, Dimova Cena<sup>2</sup>, Bojkovska Dijana<sup>3</sup>,  
Evrosimovska Biljana<sup>2</sup>

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The aims of this retrospective study were: first of all, to evaluate the patients' perception of changes in oral health–related quality of life over a 2-month period after third molar surgery. Second aim was to compare the clinical outcome of performed oral surgery with evaluation the influence of factors affecting outcome.

A total of 30 consecutive healthy patients who presented with unilaterally or bilaterally impacted mandible third molar were included in this study. Four operators (in two mixed teams) removed the impacted third molars with buccal approach under local anesthesia.

Standardized surgical and analgesic protocols were used (distobuccal or distolingual osteotomy and alveolectomy, without any tooth division technique using burs). Patients kept a diary of changes in life quality each postoperative day for 7 days. One week postoperatively the clinical outcome, postoperative pain and complications were recorded.

| <i>impacted third molar surgery</i> | <i>Test group (AB)<br/>N=25</i> | <i>Control group<br/>N=25</i> | <i>Total<br/>N=50</i>      |
|-------------------------------------|---------------------------------|-------------------------------|----------------------------|
| <i>male</i>                         | <b>14</b>                       | <b>13</b>                     | <b>27</b>                  |
| <i>female</i>                       | <b>11</b>                       | <b>12</b>                     | <b>23</b>                  |
| <i>age</i>                          | <b>22<math>\pm</math>8</b>      | <b>24<math>\pm</math>6</b>    | <b>23<math>\pm</math>7</b> |
| <i>smokers</i>                      | <b>8</b>                        | <b>7</b>                      | <b>15</b>                  |
| <i>alcohol consumption</i>          | <b>5</b>                        | <b>6</b>                      | <b>11</b>                  |
| <i>extraction difficulty</i>        | <b>4</b>                        | <b>8</b>                      | <b>12</b>                  |
| <i>pain</i>                         | <b>5</b>                        | <b>7</b>                      | <b>12</b>                  |
| <i>fever</i>                        | <b>3</b>                        | <b>9</b>                      | <b>12</b>                  |
| <i>swelling</i>                     | <b>2</b>                        | <b>4</b>                      | <b>6</b>                   |
| <i>alveolar osteitis</i>            | <b>4</b>                        | <b>5</b>                      | <b>9</b>                   |

Relative risk (R.R) for pain, fever, swelling and demographic variable  
(smoking habits, alcohol consumption and sex)

- only significant coefficients are reported -

| <i>pain</i>     | <i>R.R.</i> | <i>p-value</i> | <i>R</i> |
|-----------------|-------------|----------------|----------|
| <i>sex</i>      | 8.375       | 0.0297         | 0.188    |
| <i>smoking</i>  | 8.981       | 0.0232         | 0.202    |
| <i>alcohol</i>  | 9.240       | 0.0018         | 0.315    |
| <i>fever</i>    | <i>R.R.</i> | <i>p-value</i> | <i>R</i> |
| <i>smoking</i>  | 7.686       | 0.0353         | 0.1720   |
| <i>alcohol</i>  | 10.210      | 0.0029         | 0.2896   |
| <i>swelling</i> | <i>R.R.</i> | <i>p-value</i> | <i>R</i> |
| <i>sex</i>      |             | 11.192         | 0.0295   |

*No significant difference was found between the test group and the control group in the incidence of postoperative sequelae, i.e. fever, pain, swelling and alveolar osteitis.*

*A statistically significant association between smoking, habitual drinking and increased postoperative pain and fever was found.*

*Patient age  $>$  or  $=$  18 yr was positively correlated with an increased incidence of alveolar osteitis.*

*Swelling was found to be gender-related, in that female patients experienced more swelling than male patients.*

The study concludes that third molar surgery is associated with changes in life quality. This has implications for understanding the value of third molar surgery from patients' perspectives and in assessing health gain.