EFICÁCIA DO AJUSTE OCLUSAL EM RESTAURAÇÕES DE LESÕES CERVICAIS NÃO CARIOSAS POR MECANISMOS DE TENSÃO: REVISÃO SISTEMÁTICA

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RESUMO:

Introdução: Lesões cervicais não-cariosas (LCNCs), se caracterizam pela perda de tecido duro na junção amelocementária na ausência de cárie, são comumente encontradas na prática odontológica com prevalência de até 85% na população adulta, causando hipersensibilidade dentinária (HD), dor e em alguns casos até implicações psicossociais. Têm etiologia multifatorial compreendendo tensão, fricção e biocorrosão, sendo comumente encontradas nos pré-molares e molares com prevalência e gravidade diretamente proporcional a idade. **Objetivo:** Identificar por meio de revisão sistemática se o ajuste oclusal realizado após os recobrimentos de lesões cervicais não-cariosas, melhora as taxas de retenção e longevidade dessas restaurações em pacientes adultos. **Material e métodos:** O estudo é do tipo revisão sistemática de ensaios clínicos aleatórios e quase-aleatórios que responda ao objetivo do tema proposto. Foram utilizados as bases de dados: MEDLINE, Scopus, Web of Science, BBO Biblioteca, Biblioteca Cochrane, SIGLE, Pubmed, artigos publicados em inglês durante os anos de 2009 a 2019.Foram incluídos ensaios clínicos randomizados que comparem a eficácia clínica das restaurações cervicais não cariosas com e sem ajuste oclusal nas restaurações diretas de resina composta em LCNC na dentição permanente. Foram consideradas pertinentes trinta e oito referências e utilizadas trinta e uma neste estudo. Para avaliação da qualidade dos estudos foi a ferramenta risco de viés da colaboração Cochrane. **Resultados e Discussão:** Dos artigos disponíveis apenas um estudo transversal elencou o contato oclusal prematuro como fator de risco para a prevalência das LCNC. Impossibilitando dessa forma, uma análise detalhada acerca das taxas de retenção e longevidade dessas restaurações. Os artigos de revisão e ensaios clínicos disponíveis, descrevem os sistemas adesivos, etapas de acabamento e polimento e, a aplicação de clorexidina após o condicionamento ácido como fatores responsáveis pela longevidade e retenção das restaurações de LCNC. Além disso, nenhum grupo analisado mostrou alterações significativas dessas taxas até doze meses, variando de forma pouco expressiva a partir dos 24 e 36 meses. **Conclusão:** Os estudos sugerem que a

longevidade clínica das restaurações de LCNC está diretamente relacionada às características do remanescente dentário, escolha adequada e correta aplicação do sistema adesivo, bem como a execução da etapa de acabamento e polimento.

Palavras-chave: Ajuste Oclusal, Desgaste dos dentes, Odontologia baseada em evidências.

ABSTRACT:

Introduction: Noncarious cervical lesions (NCNCs), characterized by the loss of hard tissue at the cementoenamel junction in the absence of caries, are commonly found in dental practice with prevalence of up to 85% in the adult population, causing dentin hypersensitivity (HD), pain. and in some cases even psychosocial implications. They have a multifactorial etiology comprising tension, friction and biocorrosion, being commonly found in premolars and molars with prevalence and severity directly proportional to age. **Objective:** To identify through a systematic review whether occlusal adjustment performed after noncarious cervical lesion coverings improves retention rates and longevity of these restorations in adult patients. **Material and methods:** The study is a systematic review of randomized and quasi-randomized clinical trials that responds to the objective of the proposed theme. The following databases were used: MEDLINE, Scopus, Web of Science, BBO Library, Cochrane Library, SIGLE, Pubmed, articles published in English from 2009 to 2019. Randomized controlled trials comparing the clinical efficacy of cervical restorations were included. non-carious with and without occlusal adjustment in direct restorations of composite LCNC resin in permanent dentition. Thirty-eight references were considered pertinent and thirty-one were used in this study. To assess the quality of the studies was the risk bias tool of the Cochrane collaboration. **Results and Discussion:** Of the available articles, only one cross-sectional study listed premature occlusal contact as a risk factor for the prevalence of LCNC. This precluding a detailed analysis of the retention rates and longevity of these restorations. Review articles and clinical trials available describe adhesive systems, finishing and polishing steps, and chlorhexidine application after acid etching as factors responsible for the longevity and retention of LCNC restorations. In addition, no group analyzed showed significant changes in these rates up to twelve months, varying slightly from 24 to 36 months. **Conclusion:** The studies suggest that the clinical longevity of LNC restorations is directly related to the characteristics of the dental remnant, appropriate choice and correct application of the adhesive system, as well as the execution of the finishing and polishing step.

Keywords: Occlusal Adjustment, Teeth wear, Evidence-based dentistry.

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