INTISARI

Odontektomi impaksi molar tiga bawah adalah salah satu prosedur yang paling sering menimbulkan komplikasi seperti edema, trismus dan nyeri. Fisioterapi dapat digunakan untuk mengurangi komplikasi pasca odontektomi. *Kinesio taping (KT)* merupakan bahan fisioterapi. Kinesio taping bekerja dengan *recoil* kulit yang menyebabkan aliran darah dan limfe menjadi lancar kembali serta mengurangi tekanan pada nosiseptor. Penggunaan KT diharapkan mampu mengurangi edema, trismus dan nyeri karena mempunyai keuntungan mempercepat drainase cairan inflamasi dan limfe. Penelitian ini bertujuan untuk mengevaluasi aplikasi KT terhadap edema, trismus dan nyeri pasca odontektomi molar tiga bawah dengan anestesi lokal.

Desain Penelitian menggunakan *open trial randomized controlled clinical trials.* Sebanyak 20 subyek dengan impaksi gigi molar tiga bawah kriteria yang sudah ditentukan dibagi menjadi 2 kelompok, yakni kelompok perlakuan KT dan kelompok tanpa KT. Pengamatan edema, trismus dan nyeri kedua kelompok dilakukan pada praodontektomi sebagai *baseline*, hari ke+0, hari ke-1, hari ke-3 dan hari ke-7 pasca odontektomi.

Analisis statistik uji *manova* dengan kovariat lama waktu operasi, menunjukkan kelompok KT mampu mengurangi edema pada H+3 dan H+7 dengan p masing-masing 0,01 serta mampu mengurangi trismus pada H+3 dan H+7 dengan p masing-masing 0,000 dan 0,001 dibandingkan kelompok tanpa KT. Penurunan nyeri kelompok KT sudah terjadi mulai H+1 sedangkan kelompok tanpa KT baru mulai H+3. Kesimpulan, aplikasi KT mampu mengurangi nyeri, edema dan trismus dibandingkan kelompok tanpa KT.

Kata kunci. impaksi, odontektomi, *Kinesio taping*, Nyeri, Edema, Trismus.

ABSTRACT

Odontectomy of impacted lower third molars is one of the most common procedures for complications such as edema, trismus and pain. Physiotherapy can be used to reduce complications after odontectomy. Kinesio taping (KT) is a physiotherapy agent. Kinesio taping works by recoil the skin, which causes blood and lymph flow to return smoothly and reduces pressure on the nociceptors. The use of KT is expected to reduce edema, trismus and pain because it has the advantage of accelerating the drainage of inflammatory and lymphatic fluids. This study aimed to evaluate the application of KT to edema, trismus and pain after odontectomy of lower third molars under local anesthesia.

Study design used open trial randomized controlled clinical trials. A total of 20 subjects with impacted third molars below the predetermined criteria were divided into 2 groups, namely the KT treatment group and the control group. Edema, trismus and pain were observed in both groups at preodontectomy as baseline, day + 0, day 1, day 3 and day 7 after odontectomy.

The statistical analysis of the manova test with the covariate length of operation time, showed that the KT group was able to reduce edema at D+3 and D+7 with p 0.01 and was able to reduce trismus at D+3 and D+7 with p 0.000 each. and 0.001 compared to the group without KT. Pain reduction in the KT group started D+1, while the group without KT had just started D+3. In conclusion, the application of KT was able to reduce pain, edema and trismus compared to the group without KT

Keywords. impaction, odontectomy, Kinesio taping, Pain, Edema, Trismus.