



ESPECIALIDADE: DTM

TÍTULO: THE USE OF OZONE THERAPY IN THE MANAGEMENT OF TEMPOROMANDIBULAR DISORDERS: A LITERATURE REVIEW

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RESUMO: Introduction: Temporomandibular disorders (TMD) affect the masticatory system, causing joint pain, limited movement, and muscular dysfunction. Conventional treatments include occlusal splints, medications, and acupuncture. Ozone therapy has gained attention for its anti-inflammatory, analgesic, and regenerative effects. Objective: Review the effectiveness of ozone therapy in the treatment of TMD and temporomandibular joint (TMJ) disorders. Methodology: A literature review was conducted using PubMed, focusing on studies from 2014 to 2023. Keywords included “ozone therapy”, “temporomandibular joint”, and “TMD”. With these criteria, 5 articles were selected for this study. Literature Review: Several clinical studies and reviews suggest ozone therapy may reduce joint pain and improve mouth opening. It can be used in different forms, such as, intra-articular injection, intramuscular injection and topical application. A meta-analysis reported significant pain relief compared to placebo, though no clear superiority over occlusal splints or acupuncture. Some studies found ozone to be comparable or better than laser therapy in symptom improvement. However, many trials had small sample sizes and methodological limitations. Conclusion: Ozone therapy appears to be a promising adjunctive treatment for TMD, offering anti-inflammatory and analgesic benefits. While preliminary results are encouraging, more high-quality randomized clinical trials are needed to confirm its effectiveness and establish standardized protocols in dental practice.

DESCRITORES: Ozone therapy, Temporomandibular Joint, Temporomandibular Joint Disorders