

· 临床研究 ·

颞浅筋膜脂肪瓣在晚期颞下颌关节结构紊乱中的应用及临床效果评价

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[摘要] 目的: 探讨颞浅筋膜脂肪瓣在晚期颞下颌关节结构紊乱中的应用及其临床治疗效果。方法: 回顾性纳入2022年7月—2023年12月于南京医科大学附属口腔医院口腔颌面外科就诊的18例(21侧)晚期颞下颌关节结构紊乱患者, 所有患者均进行了关节盘切除同期应用颞浅筋膜脂肪瓣进行修复, 分析术前和术后3个月以上开口度、疼痛值、关节功能自主评价, 通过影像学测量评估关节间隙的改变。结果: 18例患者中, 女17例, 男1例, 平均年龄(42.22±16.90)岁, 关节盘穿孔12侧, 占比57.14%; 术前开口度为(24.00±7.94)mm, 术后开口度为(34.83±4.48)mm, 差异有统计学意义($P < 0.001$); 疼痛视觉模拟评分(visual analogue scale, VAS)结果显示, 术前大张口VAS值为50(25, 75)分, 术后为0(0, 25)分, 差异有统计学意义($P < 0.001$); 术前进食VAS值为50(0, 75)分, 术后为0(0, 0)分, 差异有统计学意义($P=0.001$); 术前关节功能自我评价为(58.06±7.50)分, 术后自我评价为(81.67±7.28)分, 差异有统计学意义($P < 0.001$); 影像学测量分析显示术后关节前、上、后间隙较术前有明显增大, 差异有统计学意义($P < 0.05$)。结论: 颞浅筋膜脂肪瓣置换破损穿孔的关节盘可改善开口度、缓解疼痛, 并且能有效稳定维持关节间隙, 是治疗晚期颞下颌关节结构紊乱的有效治疗手段。

[关键词] 颞下颌关节结构紊乱; 颞下颌关节不可复性盘前移位; 颞浅筋膜脂肪瓣

[中图分类号] R782.6

[文献标志码] A

[文章编号] 1007-4368(2025)01-64-07

doi: 10.7655/NYDXBNSN240516

Application and clinical effect of superficial temporal fascia fat flap in late - stage temporomandibular joint internal derangement

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[Abstract] **Objective:** To explore the application of superficial temporal fascia fat flap in late-stage temporomandibular joint internal derangement (TMJID). **Methods:** A retrospective analysis was conducted on 18 patients (21 joints) with late-stage TMJID who visited the Department of Maxillofacial Surgery of the Affiliated Hospital of Stomatology of Nanjing Medical University from July 2022 to December 2023. All patients underwent TMJ discectomy and reconstruction simultaneously with pedicled superficial temporal fascial fat flap. Preoperative and postoperative evaluations (more than 3 months) included maximal interincisal opening, pain visual analogue scale (VAS) scores, and self-assessment of joint function. Radiological examinations were performed to evaluate the change in TMJ space. **Results:** Among the 18 patients, 17 were female and 1 was male, with an average age of (42.22±16.90) years. There were 12 perforated articular disc, accounting for 57.14%. The improvement of the mean preoperative mouth opening of (24.00±7.94) mm to a mean postoperative mouth opening of (34.83±4.48) mm was found to be statistically significant ($P < 0.001$). The mean VAS pain score on maximum mouth opening decreased significantly from 50 (25, 75) points to 0 (0, 25) points ($P < 0.001$), while the VAS pain scores on diet reduced from 50 (0, 75) points to 0 (0, 0) points ($P=0.001$). The mean scores on the self-assessment of joint function

[基金项目] 江苏省社会发展临床前沿科技项目(BE2023833)

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improved from (58.06±7.50) points preoperatively to (81.67±7.28) points postoperatively and were found to be statistically significant ($P < 0.001$). Compared with the preoperation, postoperative radiological examinations showed that the anterior, superior and posterior joint space were significantly increased after surgery ($P < 0.05$). **Conclusion:** Replacement of the perforated joint disc with a superficial temporal fascia fat flap can improve mouth opening, relieve pain, and maintain the joint space stability. This technique is an effective treatment for late-stage TMJID.

[Key words] temporomandibular joint internal derangement; temporomandibular joint anterior disc displacement without reduction; superficial temporal fascia flap

[J Nanjing Med Univ, 2025, 45(01): 64-70]

颞下颌关节结构紊乱(temporomandibular joint internal derangement, TMJID)是指关节盘相对于髁突和关节窝位置关系异常^[1], 大多数患者表现为进食疼痛、张口受限、弹响和杂音等, 随着病程的进展, 往往伴随关节退行性改变, 如关节盘挛缩变形、关节盘穿孔、髁突骨质吸收、髁突骨赘形成等, 甚至可引起面部畸形^[2]。临床上常采用 Wilkes 分期来表示颞下颌关节紊乱病的病程进展和组织破坏程度^[3], 其中 II~III 期患者症状较轻, 关节盘形态基本正常, 无髁突骨质破坏, 通常采取保守治疗(如理疗、合板、关节腔注射等)或微创手术(如关节镜下关节盘复位固定术)即可缓解症状^[4], 改善关节功能。IV~V 期患者临床症状严重, 关节盘明显向前移位伴有挛缩或穿孔, 髁突扁平、硬化, 骨赘形成等, 此类患者在经过上述后若效果不佳, 可采取开放手术治疗(如关节盘摘除术和关节盘置换术)。单纯摘除挛缩或穿孔的关节盘不能有效缓解疼痛、改善张口受限且可引起髁突退行性变等问题^[5-6]。研究表明, 在关节盘摘除后于关节窝和髁突之间放入间隔材料, 如异体组织^[7-8](如牛胶原质、异体冷冻骨软骨加脐带组织移植术)、高分子材料^[9](如硅胶、Teflon-Proplast)、自体组织^[10-13](如游离脂肪、耳廓软骨、颞部组织瓣等)替代关节盘行使功能, 可取得良好的临床治疗效果。然而, 颞浅筋膜脂肪瓣作为间隔材料在 TMJID 中的应用未见报道。

颞浅筋膜脂肪瓣是以颞浅动静脉为蒂的自体组织瓣, 血供丰富, 富有弹性, 已被用于修复颅底缺损或颌面部整形修复多年^[14-15]。本课题组通过回顾性研究, 对颞浅筋膜脂肪瓣作为间隔材料重建颞下颌关节进行技术介绍, 同时对其在 TMJID 中的临床应用效果进行评价, 包括开口度及疼痛改善情况、颞下颌关节间隙维持情况, 为该技术的临床应用、推广提供参考。

1 对象和方法

1.1 对象

收集 2022 年 7 月—2023 年 12 月因 TMJID 就诊于南京医科大学附属口腔医院口腔颌面外科的患者。纳入标准: ① Wilkes 分期为 IV~V 期, 核磁共振成像(magnetic resonance imaging, MRI)显示关节盘不可复性前移位, 伴有关节盘挛缩或穿孔, 髁突骨关节病等影像学改变; ② 保守治疗后仍有张口受限或关节区疼痛症状; ③ 采用手术治疗, 术中均进行关节盘摘除, 同期应用颞浅筋膜脂肪瓣作为间隔材料重建颞下颌关节; ④ 术后 3 个月以上随访资料完整。排除标准: ① 术后采用局部理疗或针灸等缓解疼痛; ② 术后不能合作进行问卷调查。本研究经南京医科大学附属口腔医院伦理委员会批准(审批号: PJ2024-102-001), 所有患者均知情同意。

1.2 方法

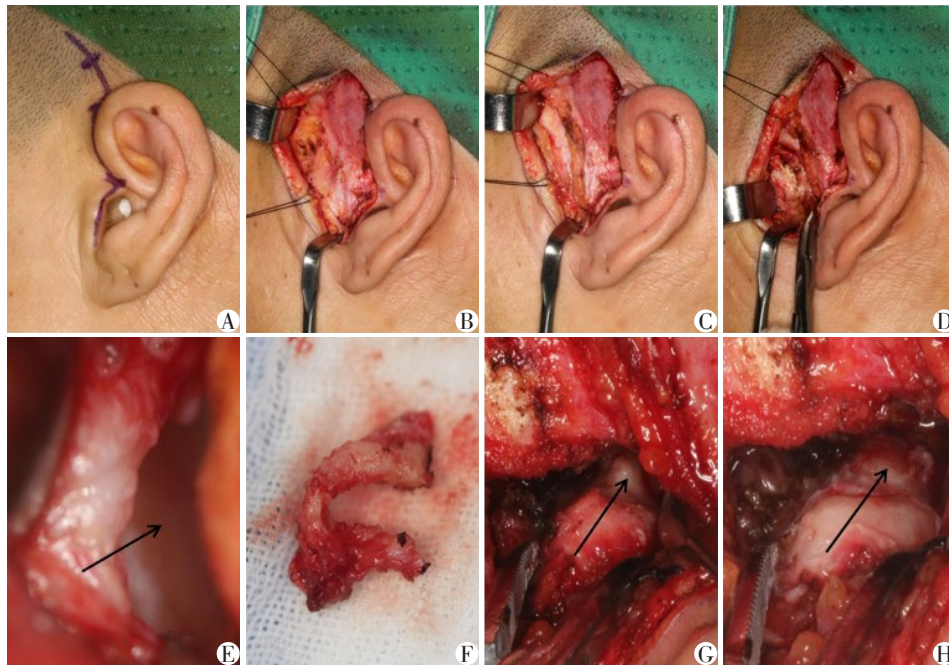
1.2.1 手术方法

手术体位及入路: 患者采取仰卧位, 头偏健侧, 经鼻腔插管全麻, 常规消毒铺巾; 按照改良耳前切口入路, 切口延长至发际线内约 1 cm(图 1A), 依次切开皮肤、皮下组织至颞浅筋膜浅层(图 1B), 颞浅动静脉前方切开至颞深筋膜浅层(图 1C), 在颞中动静脉前方切开颞深筋膜浅层至颞弓表面, 并在颞弓表面向前和向后做钝性分离, 显露关节囊(图 1D), 术中注意保护颞中静脉及面神经分支, 关节上腔注射生理盐水扩张关节囊, 随后切开关节囊进入关节上腔, 检查关节盘的位置、形态及有无穿孔(图 1E), 如关节盘挛缩变形或穿孔过大不能修补则予以切除(图 1F); 如髁突局部有骨尖(图 1G), 同期行髁突修整术(图 1H)。

颞浅筋膜脂肪瓣的制取及颞下颌关节重建: 组织瓣以颞浅动静脉为血管蒂(图 2A), 以颞浅动静脉

和颧弓下缘交点为中心,向前向上延伸,取1半径约2 cm、角度为45°的扇形组织瓣,将颞深筋膜浅层一并取下,形成“颞浅筋膜-脂肪组织-颞深筋膜浅层”三明治样的组织瓣,厚度约5 mm(图2B),在组织瓣的前上和后上分别缝合1针,向下翻转(图2C),后上缝线与前内侧关节盘残端缝合(图2D),前上缝线

与后内侧双板区残端组织缝合(图2E),旋转组织瓣植入髁突与关节窝之间(图2F),使颞浅筋膜表面旋转后覆于髁突表面,收紧缝线并打结固定,可见关节上腔(图2G)、关节下腔(图2H),缝合关闭关节囊,表面留置负压引流管(图2I),逐层关闭切口,严密缝合皮肤(图2J),术后第2天拔除负压引流管。



A: Incision design. B: Exposure of the superficial temporal fascia. C: Exposure of the superficial layer of deep temporal fascia. D: Exposure of the joint capsule. E: Exposure of the of the temporocondylar joint disc, with an arrow showing the perforation of the disc. F: Disc after discectomy. G: Exposure of the temporocondylar joint after discectomy, with an arrow showing the osteophytes. H: Condylar revision, with an arrow showing the condyle after revision.

图1 颞下颌关节盘摘除术

Figure 1 Disc discectomy of the temporocondylar joint

1.2.2 临床检查及评价

采用视觉模拟量表评分(visual analogue scale, VAS)评价疼痛情况,所有患者均在同一医师指导下进行疼痛程度评价,0分为无痛、100分为疼痛无法忍受。开口度在同一医师指导下测量,嘱患者大张口,用测量尺记录上下颌中切牙近中切角间距。关节功能自我评价为0~100分,由患者按照术前和术后主观感受来评分。

1.2.3 影像学测量关节间隙

选取轴位髁突横截面积最大图层,髁突内外点连线作为髁突长轴,过髁突长轴中点做垂线,确定正中斜矢状位图层,采用Kamelchuk法^[16]分别对术前、术后正中斜矢状位图像进行关节间隙测量。具体测量方法为:过关节窝顶点做切线L1,过关节窝顶点做髁突前、后斜面切线L2、L3;髁突前缘切点至

关节窝的垂直距离为前间隙(A);髁突后缘切点至关节窝的垂直距离为后间隙(P);关节窝顶点至髁突顶的垂直距离为上间隙(S)(图3)。间隙测量由同一人在不同时间点分别测量2次后取平均值。

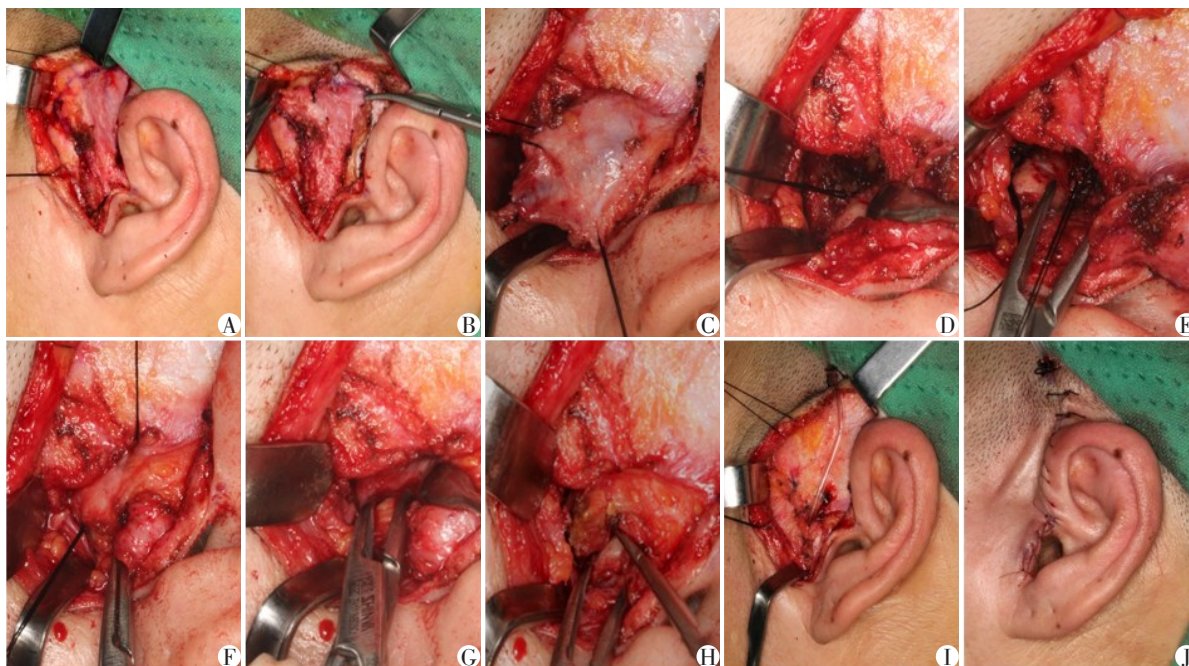
1.3 统计学方法

数据导入SPSS 27.0软件进行统计学分析,符合正态分布的计量资料采用均数±标准差($\bar{x} \pm s$)表示,术前、术后比较采用配对t检验;非正态分布资料采用中位数(四分位数)[$M(P_{25}, P_{75})$]表示,采用配对设计的Wilcoxon符号秩和检验分析, $P < 0.05$ 为差异有统计学意义。

2 结果

2.1 一般资料

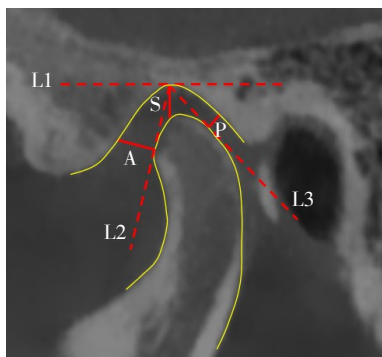
本研究纳入18例21侧关节,其中,男1例,女



A: Design of the superficial temporal fascia fat flap. B: Preparation of the superficial temporal fascia fat flap. C: Sites for suturing tissue flap. D: Anteromedial disc. E: Posteromedial bilaminar zone. F: The joint cavity with superficial temporal fascia fat flap. G: Upper joint compartment. H: Lower joint compartment. I: Negative pressure drainage vessel. J: Suture of the skin.

图2 颞浅筋膜脂肪瓣转移修复术

Figure 2 Superficial temporal fascia fat flap repair



L1: tangent across the the articular fossa; L2: anterior condylar oblique tangent across the articular fossa; L3: posterior condylar oblique tangent across the articular fossa; A: anterior joint space; P: posterior joint space; S: superior joint space.

图3 颞下颌关节间隙测量

Figure 3 Temporomandibular joint space measurement

17例;单侧15例,双侧3例;年龄(45.22±16.90)岁,范围16~76岁;随访时间(10.06±4.57)个月,范围5~20个月(表1)。

2.2 临床效果评价

对术前、术后最大切牙距离(maximal interincisal opening, MIO)进行测量分析,术前MIO为(24.00±7.94)mm,范围11~40mm;术后MIO为(34.83±4.48)mm,范围25~42mm,其中16例增加,1例无

明显变化,1例减少。相对于术前,术后MIO平均增加了10.83mm,差异有统计学意义($P < 0.001$)。受累关节有不同程度疼痛,术前大张口及进食时VAS值分别为50(25,75)分和50(0,75)分,术后大张口及进食时VAS值分别为0(0,25)分和0(0,0)分,其中12例张口、进食时均无痛,5例疼痛有明显缓解,1例张口、进食时疼痛增加。相对于术前,术后疼痛明显减轻,差异具有统计学意义($P < 0.05$)。术前患者关节功能自我评分为(58.06±7.50)分,术后关节功能明显提高,评分为(81.67±7.28)分,差异有统计学意义($P < 0.001$,表2)。

2.3 影像学测量分析关节间隙

所有患者影像资料进行测量分析,术前关节前、上、后间隙分别为(2.09±0.80)mm、(2.88±1.10)mm、(2.32±0.97)mm,术后3个月以上(选取随访时间最长的影像资料进行测量分析)关节前、上、后间隙分别为(2.71±1.31)mm、(3.92±1.30)mm、(3.42±1.19)mm,相对于术前,术后关节间隙明显增加,差异有统计学意义(P 均 < 0.05 ,表3)。关节间隙术后即刻增加明显,随后逐渐减小趋于稳定,3个月后无明显变化,说明颞浅筋膜脂肪瓣可以有效稳定维持关节间隙(图4)。

表1 18例晚期TMJID患者一般资料分布

Table 1 Analysis of general data of 18 patients with late-stage TMJID

Patient No.	Sex	Age (years)	Affected side (L/R/Bi)	Wilkes stage	Disk deformities	Size of perforation(mm)	Bony change	Follow-up (months)
1	Female	22	R	V	Perforation	9	Degeneration	20
2	Male	68	L	V	Perforation	8	Degeneration	18
3	Female	57	R	V	Perforation	8	Degeneration	16
4	Female	56	R	IV	Folded	-	Degeneration	13
5	Female	25	Bi	L IV	Folded	-	Degeneration	12
				R V	Perforation	5		
6	Female	54	L	V	Perforation	7	Degeneration	11
7	Female	58	R	IV	Folded	-	Degeneration	11
8	Female	56	L	IV	Folded	-	Degeneration	11
9	Female	58	R	V	Perforation	8	Degeneration	10
10	Female	52	R	V	Perforation	10	Degeneration	10
11	Female	34	Bi	L V	Perforation	10		
				R IV	Folded	-	Degeneration	9
12	Female	17	Bi	L V	Perforation	8		
				R V	Perforation	10	Degeneration	8
13	Female	49	R	IV	Folded	-	Degeneration	7
14	Female	50	L	V	Perforation	10	Degeneration	5
15	Female	49	L	IV	Folded	-	Degeneration	5
16	Female	76	L	IV	Folded	-	Degeneration	5
17	Female	24	L	V	Perforation	5	Degeneration	5
18	Female	30	R	IV	Folded	-	Degeneration	5

L: Left; R: Right; Bi: Bilateral.

表2 术前及术后3个月以上开口度、疼痛值、关节功能评价

Table 2 Preoperative and more than 3 months postoperative evaluation of MIO, VAS for pain, and joint function

Variable	Preoperative	Postoperative	P
MIO(mm, $\bar{x} \pm s$)	24.00 ± 7.94	34.83 ± 4.48	<0.001
VAS score[M(P ₂₅ , P ₇₅)]			
Maximum mouth opening	50(25, 75)	0(0, 25)	<0.001
Diet	50(0, 75)	0(0, 0)	0.001
Work	0(0, 25)	0(0, 0)	0.014
Speak	0(0, 25)	0(0, 0)	0.033
Self-assessment score($\bar{x} \pm s$)	58.06 ± 7.50	81.67 ± 7.28	<0.001

3 讨论

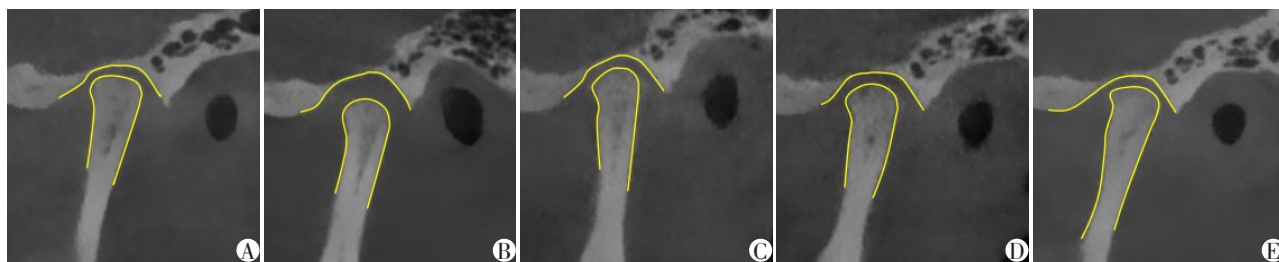
颞下颌关节盘是位于关节窝和髁突之间的纤维软骨结构,由粗大的胶原纤维组成,起到分散咀嚼压力、缓冲震荡的作用,当生物力学载荷大大超过正常水平时容易引起盘移位或破损,并且无法自行愈合^[17]。TMJID患者常因关节区疼痛难忍和下颌运动受限而就诊,在经过保守治疗后,若效果不佳则需手术治疗,术中评估,如果关节盘条件较好则

表3 术前及术后关节前、上、后间隙的比较

Table 3 Comparison of preoperative and postoperative anterior, superior, and posterior joint space

Joint space	Preoperative	Postoperative	P
Anterior	2.09 ± 0.80	2.71 ± 1.31	0.048
Superior	2.88 ± 1.10	3.92 ± 1.30	0.004
Posterior	2.32 ± 0.97	3.42 ± 1.19	<0.001

实施关节盘复位术^[18],如果关节盘挛缩变形严重或



A: Pre-operation. B: Immediately after the operation. C: 3 months after the operation. D: 8 months after the operation. E: 20 months after the operation.

图4 TMJ关节间隙变化

Figure 4 TMJ joint space changes

穿孔较大, 关节盘无法使用, 往往需要进行关节盘置换, 即摘除病变关节盘, 在髁突与关节窝之间置入其他间隔材料代替关节盘, 术后可缓解咬合疼痛、恢复关节活动度、避免关节强直等^[17]。

目前常用关节间隔材料包括高分子材料、自体组织瓣或异体组织。由于非生物材料可引起异物反应和炎症反应且价格昂贵^[8], 临床上自体组织瓣移植是关节盘摘除后重建的首选, 如游离脂肪、耳廓软骨、颞部组织瓣等, 其中较为常用的是颞部组织瓣, 由于颞区包含筋膜、脂肪、肌肉等多种组织, 可根据实际需要制取不同大小、厚度的软组织瓣来修复。颞肌筋膜瓣具有厚且坚韧的特点, 可有效维持关节间隙, 承担功能负荷, 但由于其取自颞肌组织, 可出现纤维化及痉挛, 且因供区损失组织较多, 多有疼痛、张口受限、颞区凹陷等问题^[19-20]。游离脂肪虽可防止粘连, 减少纤维化和异位钙化, 但容易破碎, 远期吸收率高, 体积可迅速减少^[10]。耳廓软骨易发生纤维粘连和碎裂, 导致关节强直, 失败率较高^[9]。

颞浅动静脉为蒂的颞浅筋膜脂肪瓣用于关节间隔材料, 具有以下优势: 邻近术区, 取材方便; 采用带蒂组织瓣, 无需吻合血管, 操作简单; 组织瓣厚度和范围可根据实际需求调整, 应用灵活; 面神经分支损伤最小; 颞浅动静脉提供丰富且恒定的血供。临床应用时需注意以下几点: 组织瓣靠近头皮, 需细心解剖, 若损伤毛囊可致术区脱发; 颞浅筋膜脂肪瓣位置表浅, 移植后供区会有局部凹陷。

综上所述, 本研究报道了颞浅筋膜脂肪瓣作为关节间隔材料来治疗TMJID, 取得了良好的临床治疗效果, 表现为张口度增大, 疼痛缓解, 关节功能提高。随着随访时间的延长, 术后3个月以上CT测量分析显示关节间隙增加, 说明该组织瓣具有稳定的空间维持作用, MRI显示该组织瓣内的脂肪组织欠清晰, 推测可能是脂肪组织自身的吸收, 也

可能是组织瓣承受压力后的压缩。然而, 本研究纳入病例数和随访时间尚不足, 后期需增加样本量和延长随访时间, 进一步观察该组织瓣的临床应用效果。

利益冲突声明:

所有作者声明无利益冲突。

Conflict of Interests:

All the authors declare no conflicts of interest.

作者贡献声明:

杨娇艳设计研究方案及确定研究方法, 并且负责论文撰写; 史亚伟负责资料收集; 章智宇、吉澳梅、蒋砚青进行资料分析、数据处理, 并对统计结果进行解释; 张平提供研究方向, 负责论文最终稿的修订、论文质量控制及审校; 徐荣耀、江宏兵负责文章审阅及修订; 所有作者确认了论文的最终稿。

Author's Contributions:

YANG Jiaoyan designed the research plan and determined the research methods, and was responsible for drafting the paper; SHI Yawei was responsible for collecting clinical data; ZHANG Zhiyu, JI Aomei, and JIANG Yanqing carried out data analysis and data processing, and interpreted the statistical results; ZHANG Ping proposed the research idea, and was responsible for the final revision of the paper, quality control of the thesis, and proofreading; XU Rongyao and JIANG Hongbing were responsible for the paper review and revision; all authors confirmed the final draft of the paper.

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[收稿日期] 2024-05-20

(本文编辑: 戴王娟)