

# BRAZILIAN CONSENSUS ON VISCOSUPPLEMENTATION OF THE TEMPOROMANDIBULAR JOINT (COBRAVI-ATM)

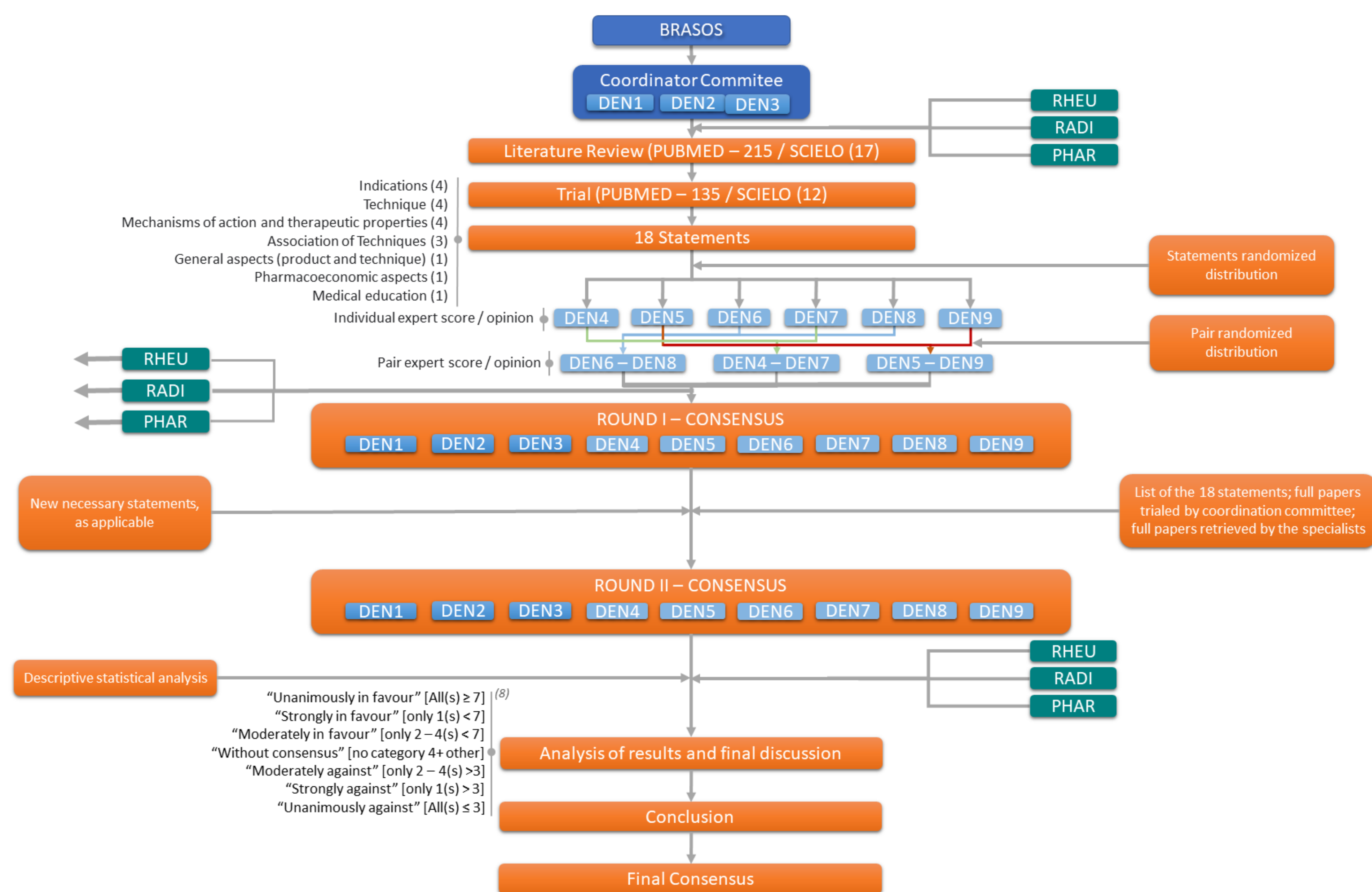
Ricardo de Souza Tesch, DDS, PhD<sup>1</sup>; Paulo Affonso Pimentel Jr., DDS, MSc<sup>2,3</sup>; Pedro Gonçalves de Oliveira, PharmD, PhD<sup>4,5</sup>; Daniel Bonotto, DDS, PhD<sup>6</sup>; Francisco José Pereira Jr., DDS, MS, PhD<sup>7</sup>; Liette Maria Liarte Figueiredo Zwir, DDS, PhD<sup>8</sup>; Paulo Afonso Cunali, DDS, PhD<sup>9</sup>; Paulo César Rodrigues Conti, DDS, PhD<sup>10,11</sup>; Simone Saldanha Ignácio de Oliveira, DDS, PhD<sup>12</sup>; Carlos Bruno Reis Pinheiro, MD, MSc<sup>13</sup>; Paulo César Hamdan, MD, MSc<sup>14</sup>; Eduardo Januzzi, DDS, PhD<sup>15</sup>

<sup>1</sup>Regenerative Medicine Laboratory, Petrópolis School of Medicine, Brazil; <sup>2</sup>Oral and Maxillofacial Surgery, Hospital Federal dos Servidores do Estado do Rio de Janeiro, Brazil; <sup>3</sup>TMD and Orofacial Pain Center, Policlínica Newton Alves Cardozo, Brazil; <sup>4</sup>Instituto de Ortopedia e Traumatologia, Hospital das Clínicas HCFMUSP, Faculdade de Medicina, Universidade de São Paulo, Brazil; <sup>5</sup>Sport Traumatology Group, Department of Orthopaedics and Traumatology, Santa Casa de São Paulo School of Medical Sciences, Brazil; <sup>6</sup>TMD and Orofacial Pain, Restorative Dentistry, Federal University of Paraná, Brazil; <sup>7</sup>Head Dentalis Clinic, Brazil; <sup>8</sup>Ambulatório de Reumatologia Pediátrica, Departamento de Pediatria, Universidade Federal de São Paulo - UNIFESP, Brazil; <sup>9</sup>Retired professor of temporomandibular disorders and orofacial pain, Federal University of Paraná, Brazil; <sup>10</sup>Department of Prosthodontics and Periodontics, Bauru School of Dentistry, University of São Paulo, Brazil; <sup>11</sup>Bauru Orofacial Pain Group, University of São Paulo, Brazil; <sup>12</sup>TMD and Orofacial Pain Center, Department of Prosthodontics, School of Dentistry, Fluminense Federal University, Brazil; <sup>13</sup>Programa de Pós-graduação em Ciências do Exercício e do Esporte, Universidade Estadual do Rio de Janeiro, Brazil; <sup>14</sup>Departamento de Traumatologia-Ortopedia, Universidade Federal do Rio de Janeiro, Brazil; <sup>15</sup>Orofacial Pain Center, Mater Dei Hospital, Brazil.

## Introduction:

Viscosupplementation (VS) is a minimally invasive procedure, based on hyaluronic acid solutions injection, that has been used for over 30 years in the treatment of intra-articular disorders. Although the majority studies have been conducted to assess its efficacy and safety in cases of osteoarthritis (OA) of large joints, the intervention has been gaining importance in the management of intra-articular temporomandibular disorders (TMD), such as joint disc displacement, with or without reduction, and degenerative joint disease. Although most of the minimally invasive therapies used to control intra-articular TMD have come from previous experience in other joints, mainly the knee, the rational use of VS in the management of Temporomandibular Joint (TMJ) pathologies is still controversial. Thus, this Consensus aimed to constitute a useful reference for the use of VS in the treatment of intra-articular TMD, including aspects related to the technique, indications, efficacy and safety, through its use alone or in association with other therapies.

## Method:



## Results:

Indications							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
01 - Viscosupplementation is a safe and well-tolerated treatment of articular TMD	9,8	10	10	9-10	Agree	100,0	"unanimously in favour"
02 - Viscosupplementation can be a first-choice indication in the treatment of articular TMD	4,1	0	0	0-10	No consensus	44,4	"without consensus"
03 - VS is an effective approach to the treatment of Disc Positioning Disorders	8,3	8	10	5-10	Agree	77,8	"moderately in favour"
04 - VS is an effective approach to the treatment of TMJ AO	8,4	8	10	6-10	Agree	88,9	"strongly in favour"

Technique							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
05 - HA injection therapy should be performed in cycles	5,6	8	8	0-10	No consensus	55,6	"without consensus"
06 - Arthrocentesis should always be performed before the first injection	2,7	1	0	0-8	Disagree	11,1	"moderately against"
07 - The compartment to be infiltrated (upper and/or lower) depends on the diagnosis of joint TMD	6,9	8	10	3-10	No consensus	55,6	"without consensus"
08 - As applicable, image guidance increases the safety and effectiveness of TMJ VS	9,7	10	10	7-10	Agree	100,0	"unanimously in favour"

Mechanisms of action and therapeutic properties							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
09 - Viscosupplementation has only biomechanical effects	0,2	0	0	0-2	Disagree	0,0	"unanimously against"
10 - Viscosupplementation has analgesic and anti-inflammatory effects.	9,4	10	10	8-10	Agree	100,0	"unanimously in favour"
11 - In cases of TMJ osteoarthritis, VS has chondroprotective effect	6,2	7	5	0-9	Agree	55,6	"moderately in favour"
12 - Viscosupplementation is useful in reestablishing mandibular functional capacity and improving the quality of life of patients with joint TMD	7,8	8	10	5-10	Agree	66,7	"moderately in favour"

Techniques association							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
13 - Arthrocentesis followed by VS cycles presents superior results in terms of improvement in pain, function and quality of life, when compared to the use of arthrocentesis alone.	8,1	9	10	5-10	Agree	66,7	"moderately in favour"
14 - Pharmacological approaches/interventions associated with VS improve pain outcomes, function and quality of life in adult patients with TMD, when compared to the use of VS alone.	8,6	9	10	5-10	Agree	88,9	"strongly in favour"
15 - Non-pharmacological approaches/interventions associated with VS improve pain outcomes, function and quality of life in adult patients with TMD, when compared to the use of VS alone.	8,7	9	10	5-10	Agree	88,9	"strongly in favour"

General subjects connected with the VS technique							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
16 - A functional load reduction period of at least 24 hours should be recommended after TMJ viscosupplementation.	8,9	9	10	7-10	Agree	100,0	"unanimously in favour"

General subjects connected with the VS technique							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
17 - Viscosupplementation can be cost savings for the health system	6,2	5	10	2-10	No consensus	44,4	"without consensus"

General subjects connected with the VS technique							
STATEMENT	MEAN	MEDIAN	MODE	RANGE	CONSENSUS		
					ATTRIBUTE	% Agreement	DETAIL
18 - Specialized professional education is necessary to ensure the rational, safe and effective use of the VS technique in the treatment of TMD	9,9	10	10	9-10	Agree	88,9	"unanimously in favour"

## Conclusion:

This Consensus presents important information derived from scientific evidence and clinical experience, which contribute to the rational and safe use of VS in the management of TMJ disorders.