



Recent Antibiotic Preference among Dentists

Sahar Mahmoud Mushtaha^{a)},* and Abdullah Talab Al-titi^{b)}

^{a)} Pediatric Dental Specialist, Jordan

^{b)} General Dental Practitioner, Jordan

*Corresponding author E-mail ID: s-mushtaha@hotmail.com

Abstract

Dentistry has a limited justification for the use of systemic antibiotics because the majority of periodontal and other dental illnesses are best handled by invasive surgery and health behaviors. Antibiotics are administered by the dentist for both treatments and infection prevention. Antibiotics are being overused for clinical diseases that are not recommended amongst dentistry. This inadequate understanding of the proper clinical justifications for tests and treatments encourages antibiotic overuse and aids in the development of antibiotic resistant bacteria in children. Furthermore, compliance to the professional clinical recommendations was low, as per surveys of dental students and dentists on the prescribing practices for antibiotics. All of the recommended medicines were given in a wide range of dosages and for lengthier durations of time than was advised. However, the literature shows that dentists' dispensing practices are subpar, and this is because of a variety of reasons, from a lack of understanding to societal considerations. Here, we examine research that looked into how dentists around the world used antibiotics for children. The primary deficiencies in the understanding of antibiotic prescription are listed. The key finding is that, sometimes, dentists overprescribe, which is a sign that their prescription procedures are insufficient. In an effort to reduce the rising prevalence of, recommendations are made to enhance antibiotic prescribing practices. In an effort to reduce the prevalence of resistance to antibiotics or other adverse effects of antibiotic overuse, suggestions to enhance antibiotic prescribing practices are offered.

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Background

For the treatment of several oral disorders, primarily orofacial diseases, dentists write prescriptions for drugs. Although odontogenic diseases are the primary cause of the majority of individual orofacial disorders, dental professionals' prescription of medicines has grown to be a crucial part of dental practice [1]. Antibiotics make up the great bulk of the medications that dentists give as a result. Around 8% and 10% of all popular antibiotics (beta lactams, macrolides, tetracyclines, clindamycin, metronidazole) are prescribed by

dentistry [2]. For contrast, in the UK, 7% of all population medications for antibiotics were written by dentists. On the contrary, according to the National Center for Disease Control and Management, around one-third of all medications for clinic antibiotics are unwarranted.

Prescription of antibiotics may result in adverse side effects varying from digestive issues to deadly toxic shock and the emergence of antibiotic resistance. The overuse or improper use of wide ranging



medications like cephalosporins and fluoroquinolones is likely a contributing factor to the rising susceptibility issues that have arisen recently [3]. The methicillin-resistant *Staphylococcus aureus* is the most well-known illustration of widespread susceptibility, and we have now entered an era where a few bacterial species are impervious to the entire spectrum of medicines now accessible. Studies looking into dentists' procedures for administering antibiotics have been motivated by the major problems linked to their administration. It has been discovered that multidrug-resistant bacteria are present in the oral cavities of adolescents as early as 4 years old. As more drugs are being used by both adult and paediatric patients, prescribing antimicrobial has become increasingly challenging than in the past. Clinicians must now deal with a growing variety of problems, including bacterial resistance to recommended antimicrobials and treatment options [4]. The need to modify medicine dosages to account for paediatric patients' smaller sizes and lower weights complicates drug delivery to them even more.

Search strategy

This paper reviews the current literature. An electric literature search was conducted in MEDLINE/Pubmed and google scholar databases. Some recommendations were also based on opinion of experiences researchers and clinicians.

Discussion

The majority of oral disorders that patients present to the dentist are inflammatory disorders that are uncomfortable. A sizable portion of dental discomfort is caused by acute and chronic pulpal diseases, necessitating surgical treatment as opposed to medications. Acute periapical disease, a dry socket, and pulpitis are clinical situations where antibiotic administration is not advised [5]. Systemic antimicrobials should only be utilized in acute gum disorders where outflow or exfoliation is not feasible, in which there is local dissemination of the disease, or where general disruption has developed.

Inflammatory process periodontal disorders are likewise not suggested for medicines.

Data from several nations show that dentists' awareness of clinical scenarios where medicines are recommended ranges. In England, Kuwait, and Turkey, close to 50% or more of the dentists under investigation would recommend medication for postoperative pain. Regionalized swelling would be another undeclared ailment that has led to the antibiotic prescription in Sweden, Western Australia, Bahrain, and Britain [6]. Pulpitis and periapical periodontitis, which are more prevalent dental diseases, only call for operational treatments such fillings, root canal therapy, or extraction if the tooth cannot be saved. Sadly, dentists continue to recommend antibiotics for this illness. That many doctors administer medications for viral diseases like herpes simplex virus illnesses was a sobering discovery [7].

There are just a few clinical conditions that empirically call for antimicrobial prophylaxis, which include oral infections along with fever and signs of systemic dissemination. Since there is a chance that the disease could spread through the lymphatic and blood flows, resulting in the emergence of septicemia, frontal cellulitis, which might or might not be linked with swallowing, is a painful illness that has to be addressed right away with medicines [8]. Additionally, it is only a few localized oral lesions that call for the application of antibiotics, but these comprise pericoronitis, acute necrotizing ulcerative gingivitis, and periodontal infection.

Prescriptions for antibiotics based upon non-clinical grounds are another facet of excessive antibiotic use. Unsubstantiated justifications for prescribing antibiotics include patient expectations, medical comfort, and patient consumer driven by their socioeconomic groups [9]. The likelihood of pediatric patients receiving incorrect antibiotic prescriptions acquiring hyperglycemia as a result of sugar-containing drugs, the danger development of asthma and allergies in kids who get treatment medicines. Antibiotic use in



adolescence is also thought to altering the gut microbiome can have long-term negative effects. Consequences such as obesity, persistent *Candida* infections, and photosensitivity occur as a side effects. Children can develop stomach problems as well. Disruptions, such as diarrhoea, which is typically more common with rather than twice-day regimens, 3 times daily. Due to the intake of amoxicillin developing enamel abnormalities may be related to it during young infants on the maximum central incisors and irreversible first molars [10].

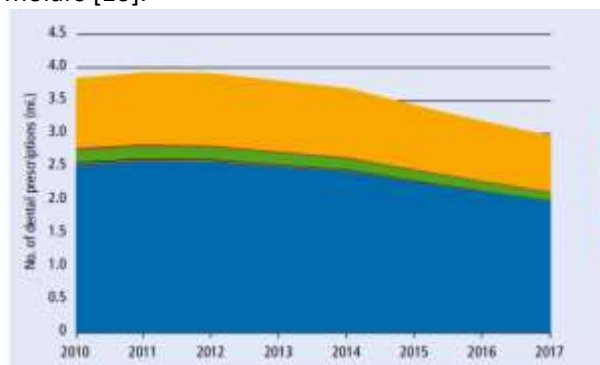


Figure 1. Antibiotic preferences by the dentist over the last decade.

Dental professionals in the Eastern Mediterranean region have demonstrated a propensity to administer on a patient's consumption or interpersonally, notably when brief on time, in contrast to English and Scottish dentists who would refuse to do so for investigational considerations.

Amoxicillin, penicillin metronidazole, and amoxicillin and clavulanate were determined to be the three most prevalent antibiotics that dentists were frequently administered, making penicillins—the most widely employed antibiotic in dental practice—the most frequent antibiotics overall. When it comes to treating tooth issues, penicillin stays the gold standard. For the management of odontogenic infections, the penicillin amoxicillin and cephalexin and clarithromycin have been recommended. Kuriyama et al. discovered no distinction between penicillin V, amoxicillin, or amoxicillin plus clavulanate in terms of clinical consequence (Figure 1). The sources for prescription antibiotics often

mention administering regularity, although the suggested current treatment in therapeutic recommendations is typically dependent on informed opinion [11].

According to a survey conducted in Canada, dentists typically write prescriptions for 6.92 days. Endodontists often prescribe antibiotic use for 7.58 days, according to another US research. According to new research on dentists' opinions in the Eastern Mediterranean region, orthodontists choose to administer a lower quantity of an antibacterial for a longer duration. Indeed, in some studies, patients improved after 2 or 3 days of antibiotic therapy. In general, reducing the frequency of antibiotic intake (without compromising the dose) has yielded improved results: a twice-daily dosage of amoxicillin/clavulanate had several advantages over the three times-daily dosage, including increased convenience, improved compliance, and improved tolerability. According to Rubenstein, brief antibiotic therapy necessitates that antibiotics possess a number of qualities, including: a quick response time, bacteriostatic occurrence, lack of predisposition to stimulate resistant mutations, ease of tissue permeation, interaction against non-dividing microbes, not being affected by unfavorable inflammation circumstances management at an ideal dosages, and an effective dosing treatment plan. Amoxicillin has already been demonstrated to be beneficial in some circumstances when administered in a 2 different, 3-gm regimen. On the contrary, the administration of oral antibiotics for two to three days, in dosages suggested by the British National Formulary, has now been promoted for the treatment of critical dentoalveolar infections (BNF) [12].

Prophylactic antibiotic prescription

According to a multitude of dental operations, antimicrobials have been recommended to lower the risk of postoperatively local issues like inflammation or dry socket as well as meaningful organizational consequences like infective endocarditis. Preoperative parenteral antibiotic prophylaxis for standard

third molar resection in initial diagnostic patients is unnecessary because there is little to no indication that medicines work to avoid contamination from invasive procedures in the mouth [13].

Furthermore, it was discovered that a small dose of metronidazole had no influence on the emergence of dry socket. In healthy, non-medically challenged individuals undergoing most dentoalveolar elective surgeries, antibiotic treatment is neither necessary nor advised. Even in at-risk patients, the absolute risk rate for bacterial endocarditis (IE) following dental treatment is regarded as being relatively low. This is in accordance with recent recommendations from the American Heart Association and the British Society for Antimicrobial Chemotherapy, which state that only patients who fall into the category of high risk need insurance.

The rationale behind this advice is that the regular fluoride toothpaste nearly definitely poses a bigger danger of IE than an only one tooth extraction due to repeated exposure to bacteremia with commensal bacteria; There is no relationship between all variables among having an involvement, dental or non-dental, and the advancement of IE. Even in at-risk patients, the absolute risk rate for bacterial endocarditis (IE) following dental treatment is regarded as being relatively low [14]. This is in accordance with recent recommendations from the American Heart Association and the British Society for Antimicrobial Chemotherapy, which state that only patients who fall into the category of high risk need insurance. Antibiotic prophylaxis against IE for dental treatment may result in a larger amount of deaths from deadly anaphylaxis than would such a policy of no antibiotic prophylaxis, as its clinical efficacy has not been established. Antibiotic prevention of IE is also not economical.

The majority of research on prophylactic antibiotic use was conducted in developed nations, and the findings usually supported the notion that dentists are knowledgeable about prescriptions [15]. The very few studies conducted in emerging economies revealed that the misuse of antimicrobial therapy was to perhaps cover up a flaw in aseptic clinical

methodology or inadequately sterilized machinery, or to preclude post - operative infectious disease related to surgical dental deceptions; this is known as the "just in case" concept.

For localized dentoalveolar abscess and periapical periodontitis, evacuation is advised; incisional evacuation is favored over root canal evacuation. For more severe conditions such face cellulitis, pericoronitis, lateral gingival abscess, and necrotizing ulcerative gingivitis, empirical antibiotic therapy and drainage are advised. The seriousness of the ailment and the main group of causing bacteria will determine the type of antibiotic used and how it should be administered. The BNF states that amoxicillin, at doses spanning from 250 mg to 500 mg every 8 hours, is advised for tooth diseases. As a quick regimen of oral medication, the usage of 3 g of amoxicillin continued after 8 hrs is also recommended. Higher dosages of a broad-spectrum antibiotic may be needed for severe odontogenic diseases. Only 5% of the major isolates from dental abscesses to be amoxicillin/clavulanic acid resistant [17]. A more recent study conducted discovered that amoxicillin/clavulanic acid totally kills the microorganisms linked to periodontal diseases. Additionally, some scientists concluded that the sole orally bioavailable antimicrobials with sufficient pharmacokinetic/pharmacodynamic properties to be efficacious in combating the most frequently isolated oral pathogens for the therapies of orofacial illnesses are clindamycin and amoxicillin/clavulanic acid. A dosing schedule of 1 g twice daily whenever amoxicillin/clavulanic acid is administered results in a favorable clinical consequence, greater patient comfort and cooperation, and reduced gastrointestinal disturbance due to the minimization of the clavulanic acid dosage. Individuals can be examined after 2 or 3 days, as was suggested earlier, to decide when medication must be halted or prolonged [18]. Clindamycin must be beneficial for those who are sensitive to penicillin because it is effective against certain facultative bacteria and oral anaerobes and



has strong bone absorption. Nevertheless, a higher dosage could make it more likely for major complications including pseudomembranous colitis, Neutropenia, and sweet's syndrome.

Metronidazole works better for antibacterial drugs where anaerobic bacteria is involved, including such pericoronitis, periodontal abscess, and necrotizing ulcerative gingivitis; the optimal treatment schedule in regards of pharmacodynamic/pharmacokinetic aspect is 250 mg each 8 hours [19]. The care of further inflamed/painful oral disorders, such as broken teeth, dentine hypersensitivity, and bacterial sialadenitis, is well covered in specialized literature and beyond the purview of this analysis. The local public should be made aware of the value of limiting the use of medicines to just cases of severe disease, in conjunction with the right dose regimens and ethical treatment procedures. Antibiotics are commonly prescribed to patients for a variety of health issues. Dental patients self-medicate in addition to pressuring their dentist to write an antibiotic ointment. When treating things, short courses are preferable over long ones especially in kids who don't adhere to regular courses very well. Since the majority of germs develop tolerance via transcription factors that are selectively transmitted when antibiotics are administered at sub-therapeutic dosages or for long durations, it is a myth that medicines ought to be used for a specific number of weeks to "kill the resistant strains." In conclusion, it is important to use antibiotics correctly in terms of frequency, dosage, and length in order to avoid negative consequences and the formation of antibiotic-resistant bacteria while also exceeding the lowest zones of inhibition. Long-term antibiotic treatments obliterate the symbiotic flora. Furthermore, longer periods of up to 21 days could enable the identification of antibiotic resistant bacteria and a decrease in the oral flora's capacity to fend off the colonization of pathogenic pathogens that are not typical inhabitants, which could result in superimposed pathogens with multi-resistant yeasts and bacteria.

Medication that contains sugar is expected to improve patient compliance. Nevertheless, sugar makes people more vulnerable to dental decay, erosion, and related problems including pulpitis and dentoalveolar abscess, which highlights how crucial it is to practise excellent oral hygiene both during and following antibiotic therapy. The prescription of antibiotics for viral infections is another inadvisable clinical practise that has to be avoided [20]. Despite the fact that many pediatric illnesses, such as main herpetic gingivitis and Oral and systemic manifestations of mononucleosis are still viral illnesses and need to be addressed despite their symptoms by using palliative care as opposed to antibiotics.

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Children may exhibit resistance during dental treatment due to the dentist's inability to be patient and experience working with rebellious kids. For the treatment of dental/periodontal infections in children, surgical procedures should continue to be the first line of treatment. Children, nevertheless, are quite resistant to these procedures, particularly when the necessary procedures include administering local anesthetic injections, separations, and cleaning cavities or root canals in order to prepare them for restorations [21]. Whenever parents' false assumptions and impressions increase their children's dental phobia, the problem may get more difficult. All of the aforementioned elements may encourage dentists to start prescribing antibiotics, especially those who lack the necessary skills and patience to work with challenging kids.

Antibiotic preservative use is advised to reduce the possibility of resistance forming to existing antibiotic regimens. As a result, there is a pressing need to raise knowledge of the standards for prescribing dental antibiotics particularly to children. Antibiotics may be prescribed for children who are otherwise healthy if they have aggressive periodontitis, pericoronitis, surgical sialadenitis, newborn sialadenitis, necrotizing ulcerative periodontitis, or facial cellulitis [22]. Dental caries, apical periodontitis, isolated



dentoalveolar abscess, and pulp polyp are examples of conditions in which antibiotics should not be given to children who are otherwise healthy.

Conclusion

Antibiotic preservative use is advised to reduce the possibility of resistance forming to existing antibiotic regimens. As a result, there is a pressing need to raise knowledge of the standards for prescribing dental antibiotics to adults and children.. Dental caries, apical periodontitis, isolated dentoalveolar abscess, and pulp polyp are examples of conditions in which antibiotics should not be given to children who are otherwise healthy. Antibiotic dosage schedules that are appropriate should be suggested. Infections that can be treated with narrow-spectrum antibiotics should not be treated with broad-spectrum antibiotics, and short courses should be preferred over extended ones. Individuals will be more compliant with therapy if doctors provide pills that can be taken once or two times rather than three times. Children should be monitored for a few days after receiving antibiotics to assess their reaction to the medication and the emergence of any unfavourable side effects.

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