



CBD-Rich Cannabis Extract Before Dental Treatment: No Clear Benefit

Dental procedures provide researchers with an interesting model for studying both acute anxiety and postoperative pain.

A 2024 double-blind randomized clinical trial compared an oral CBD-rich cannabis extract with placebo in patients undergoing endodontic treatment. Researchers measured dental anxiety, salivary cortisol and pain for up to seven days after treatment.

The CBD group did not show a statistically significant reduction in dental anxiety compared with placebo, and there were no significant differences in postoperative pain at any measured time point.

Potential application

The study is useful precisely because the result was negative. It suggests that potential effects of cannabinoids on anxiety or pain cannot simply be assumed to apply to every clinical situation. Formulation, dose, timing and the biological type of pain or anxiety all matter.

Reference

Silva SA, Velozo C, Montenegro LAS, et al. Effect of preoperative oral cannabidiol-rich cannabis extract on anxiety and postoperative pain after endodontic treatment: a double-blind randomized clinical trial. *Journal of Endodontics*. 2024;50(12):1698–1704.

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