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Clinical comparison between free gingival graft healing with and without low level laser therapy

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Background: Free gingival graft is one of the most predictable procedures for gingival augmentation, but patients discomfort and pain during healing period of palatal donor site is a significant concern.

Aim: The aim of this study was to compare between free gingival graft healing with and without low level laser therapy in class one and two miller gingival recession clinically.

Material & Methods: 12 individuals needing bilateral gingival graft in the mandibular arch were enrolled in a double-blind study. Each individual had a 30-days interval between the two surgeries. The side receiving application of laser was defined as test side and was established upon surgery; laser application was simulated on the control side. The laser was applied in the immediate postoperative period and after 48 hours, and patients rated pain on a scale of 0 to 10 at 3 h, 24 h and 7th day after surgery, representing their experience of pain, respectively. Photographs were obtained at 0 and 30 days postoperatively and evaluated by three periodontists.

Results: 10 patients could make the study to the end. Laser group showed better color matching ($P=0.04$, $P=0.05$, $P=0.015$) and healing in donor site ($P=0.000$) in day 7, 14 and 21 after surgery and showed less discomfort and pain in 24 h ($P=0.007$). No statistically differences were observed between laser group and control group in terms of bleeding index and pocket depth and gingival index and gingival margin place ($P=0.625$).

Conclusion: According to the results of this study, the low level laser therapy can improve the discomfort and pain 24 h after surgery and promote donor site wound healing and color matching in graft site.

Biography

M T Baghani has completed his DDS at Shahid Beheshti University and he is pursuing his Post-doctoral studies in Prosthodontics at Shahed Dental School. He has published five papers in reputed journals.

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