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Gingival Enlargement: The varied presentations and their management in our clinical practice

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Introduction: Gingival enlargement, also designed gingival hyperplasia or hypertrophy, is a common feature of gingival disease. The appropriate treatment depends on accurately diagnosing the cause of the increase in gingival size according to etiologic and pathologic origins.

Aim: To identify and categorize the factors affecting gingival enlargement through case series descriptions. A treatment approach and preventive measures are also considered.

Materials and Methods: The study was carried out in periodontology service at Mustapha Algiers University Hospital Center, and was conducted on five patients presenting gingival enlargement. A detailed patient's history, examination of the gingival, periodontal health status, and its reevaluation were assessed. Histopathological evaluation was provided in cases with the isolated reactive lesions of the gingiva.

Results: The most common form of enlargement, in this case series, is localised uniform overgrowth caused by tissue oedema and infective cellular infiltration caused by prolonged exposure to bacterial plaque. It concerns patients with epulis and haemangioma. Conventional periodontal treatment has been sufficient. Generalized gingival enlargement characterises kidney transplant patient 24 months after the initiation of Cyclosporine therapy. This immunosuppressant induces an abnormal amount of connective tissue stroma with overproduction of collagen and other extracellular matrix proteins. Overgrowth is dependent upon the interaction of several factors. These include the dosage and duration of drug treatment, plaque control, level of gingival inflammation and extent of periodontal destruction. Management of the lesions is a challenge requiring intensive oral hygiene programs, replacement of cyclosporine by Tacrolimus and perhaps surgery to reduce the gingival size.

Conclusion: Assessment of the periodontal health status and its re-evaluation is fundamental to manage the varieties of gingival enlargement. An excisional biopsy and histological examination are needed to confirm diagnose the uncommon cases. Patient motivation and compliance during and after therapy is a critical factor in the success of periodontal treatment. Gingivectomy should be an inevitable choice, only after a thorough evaluations and controls.

Biography

Dr. Omar Rahim has completed his Bachelor of Dental Surgery at the age of 23 and completed his post-graduation in periodontology from Medicine University in Algeria. He is practicing as major postgraduate in periodontology service in Mustapha University Hospital Center, Algeria. He has presented few papers in national and international conferences.

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