

# International Journal of Research in Health and Allied Sciences

Journal home page: [www.ijrhas.com](http://www.ijrhas.com)

Official Publication of "Society for Scientific Research and Studies" [Regd.]

ISSN: 2455-7803

## Case Report

### A Case Report on Surgical Management of Inflammatory Gingival Enlargement

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#### **ABSTRACT:**

Inflammatory gingival enlargement, also synonymous with the terms gingival hyperplasia or gingival hypertrophy, can be defined as an abnormal growth of gingival tissues. Gingival enlargement is one of the frequent features of gingival diseases. However due to their varied presentations, the diagnosis of these entities becomes challenging for the clinician. It can be associated with chronic periodontitis. The present case report describes a case of long standing gingival enlargement in a systemically healthy, non-syndromic young female involving the anterior region of lower arch. Surgical therapy was carried out to provide a good aesthetic outcome.

**Key words:** Surgical management, Inflammatory Gingival Enlargement

Received: 17 November, 2022

Accepted: 23 December, 2022

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**This article may be cited as:** Phull T, Sharma H, Modi H, Gandhi S, G M Kiran. A Case Report on Surgical Management of Inflammatory Gingival Enlargement. Int J Res Health Allied Sci 2023; 9(2):33-36.

#### **INTRODUCTION**

Constant external and internal stimuli to the oral mucosa may develop spectrum of disease that range from reactive, developmental inflammatory to neoplastic.(1) Gingival enlargement is a multifactorial condition that develops in response various stimuli and interactions between environment and host.(2) These may also be due to reaction to low-grade injury like calculus, fractured teeth, food lodgement, overhanging restorations and overextended denture flanges.(3) It can be plaque-induced, systemic hormonal disturbances or as a manifestation associated with several blood dyscrasias (leukemia, thrombocytopenia or thrombocytopenia). Extent and severity may cause functional disturbance with speech, mastication and psychological problems.(4) Classification of gingival enlargement (5) Grade 0: No signs of gingival enlargement; Grade I: Enlargement confined to interdental papilla; Grade II: Enlargement involving interdental papilla and the marginal gingiva; Grade III: Enlargement covering three quarters or more of the crown. Inflammatory hyperplasia due to plaque is the most common form of enlargement. It can be generalized or localized, can be exaggerated by hormonal effects, as seen in pregnancy or puberty or by systemic medications.Hence; we presented a Case Report on Surgical Management of Inflammatory Gingival Enlargement.

#### **CASE REPORT**

A 40 years old female reported to the Department of Periodontology, Pb. Government Dental College and Hospital, Amritsar, with the chief complaint of gingival enlargement in relation with mandibular anterior teeth since 1 year. She also complained of difficulty in mastication and had concern for aesthetics. There was no history of drug intake that is known to provoke gingival enlargement neither family history was present. Intra-oral examination.

Revealed grade III enlargement with mandibular anterior teeth, the enlargement was diffuse and fibrotic with increase in stippling, generalized gingival bleeding on probing, anterior region showed probing depth of more than 5mm. (Image.1). The radiograph (OPG) showed evidence of bone loss. (Image.2)

**TREATMENT**

Phase I therapy that is scaling and root planing after which oral hygiene instructions were given. Patient was recalled after 4 weeks and re-evaluated. A written consent was obtained before the surgical phase. Decision was made for internal bevel gingivectomy for esthetic purpose on the basis of amount of tissue presents after phase I therapy. Pockets were measured using a pocket marker and bleeding points were marked on the outer surface of gingiva. Internal bevel incision was made on a point apical to the alveolar crest depending on thickness of the tissue. Flap was

reflected with periosteal elevator and residual plaque and calculus was removed through root planing was done which was followed by thinning of the flap. Continuous sling sutures were given. (Image.3) Periodontal dressing was given and the excised tissue was sent for histopathological examination in the department of oral pathology. Haematoxylin and eosin staining showed hyperplastic stratified squamous epithelium with underlying connective tissue showing numerous blood vessels with increased inflammatory cells predominantly plasma cells and lymphocytes with increase in blood vessels. Histopathologically, it showed inflammatory fibro epithelial hyperplasia (Image.4). Antibiotics and analgesics were prescribed for 5 days and chlorhexidine mouth wash was given twice daily for 3 weeks. Post-operative instructions were given and the patient was recalled after 7 days for suture removal (Image.5). Patient was recalled at frequent intervals for next 2 months and there was uneventful healing was seen.



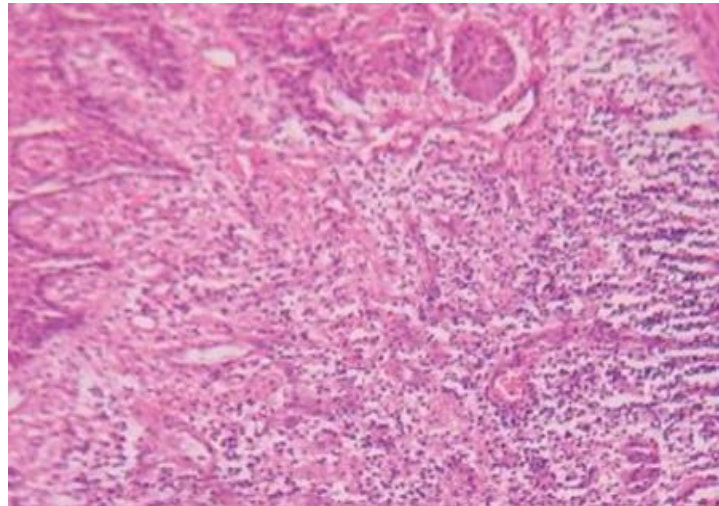
**Figure 1: Preoperative**



**Figure 2: Orthopantomogram**



**Figure 3: Intra operative photographs**



**Figure 4: Histopathologic findings**



**Figure 5: Postoperative**

#### **DISCUSSION**

Gingival overgrowth may vary from isolated mild enlargement of interdental papilla or a uniform enlargement which may affect either one or both jaws.

[7] Based on etiopathogenesis, enlargements could be inflammatory, drug influenced, those associated with systemic conditions or diseases, neoplastic or false enlargements. According to location, enlargements

could be marginal, papillary or diffuse. Inflammatory gingival enlargement is the most common form, and is caused by prolonged exposure to plaque. Chronic inflammatory gingival enlargement is most common form and clinically presents as soft and discoloured gingiva which is due to edema and infective cellular infiltration caused by prolonged exposure to bacterial plaque and can be treated by conventional periodontal treatment that is scaling and root planning. Factors that favor plaque accumulation and retention include poor oral hygiene, abnormal relationships of adjacent/opposing teeth, lack of tooth function, improper restorations, orthodontic therapy, and habits. If the chronic inflammatory gingival enlargement includes fibrotic components that do not shrink after phase I therapy then surgical removal should be considered for removal of excess tissue. [8] Clinically plaque-induced gingival enlargement usually presents as enlarged gingival contours due to edema or color changes to red and/ or bluish red hue, bleeding on probing and increased exudates from gingiva. [9] Enlargements of these types are often associated with longstanding bacterial plaque accumulation which will require regular professional oral prophylaxis and good patient compliance. Patient education, motivation and compliance during and after dental treatment are most important factors. Reinforcement of oral hygiene is necessary as there is tendency to revert to their original behaviour. The importance of patient motivation and compliance during and after therapy as a critical factor in the success of treatment has also been highlighted through this case report.

### CONCLUSION

Gingival overgrowth is disfiguring, and can interfere in mastication and speech; hence a thorough understanding of the pathogenesis is essential.<sup>1</sup> In spite of a myriad of etiology, gingival enlargements can often be diagnosed by a careful history, by location or

by the clinical presentation. This report highlights the importance of diagnosis, management and motivation of the patient. For the predictable outcomes oral hygiene motivation should be started at the initial stages of treatment itself.

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