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# MODERN METHODS OF TREATMENT OF HYPERTROPHIC GINGIVITIS

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### Abstract

Hypertrophic gingivitis is a periodontal condition characterized by excessive enlargement of gingival tissues caused by inflammatory and proliferative processes. The disease may significantly affect oral hygiene, aesthetics, and overall periodontal health. Effective treatment requires elimination of etiological factors and restoration of normal gingival morphology. The aim of this study was to evaluate modern treatment approaches for hypertrophic gingivitis based on contemporary scientific literature. A review of clinical studies and periodontal research published between 2000 and 2025 was conducted. The analysis demonstrated that treatment methods include professional oral hygiene procedures, anti-inflammatory therapy, medication management, and surgical correction in severe cases. Conservative treatment is effective in early stages, while advanced fibrous forms often require gingivectomy or other surgical procedures. Comprehensive periodontal therapy combined with patient education significantly improves treatment outcomes and prevents disease recurrence.

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**Keywords:** Hypertrophic gingivitis, periodontal therapy, gingivectomy, anti-inflammatory treatment, gingival enlargement, periodontal disease management

### Introduction

Hypertrophic gingivitis is a pathological enlargement of gingival tissues resulting from chronic inflammation and excessive proliferation of connective tissue. The disease affects both children and adults but is more commonly observed in adolescents and young adults due to hormonal changes and inadequate oral hygiene.

The condition may present with:

- gingival swelling
- bleeding during brushing
- gingival overgrowth covering part of the dental crown
- discomfort during chewing
- aesthetic problems

If left untreated, hypertrophic gingivitis may lead to plaque retention and increase the risk of progression to periodontitis.

Modern periodontal therapy aims not only to eliminate inflammation but also to restore the physiological contour and function of gingival tissues.

Treatment approaches vary depending on:

- severity of gingival enlargement
- underlying etiological factors
- clinical form of the disease.

The aim of this study was to analyze modern treatment methods for hypertrophic gingivitis and evaluate their effectiveness.

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### Materials and Methods

#### Study Design

This study was conducted as a literature review focusing on therapeutic strategies for hypertrophic gingivitis.

#### Data Sources

Scientific articles were retrieved from the following databases:

- PubMed
- Google Scholar
- Scopus
- Web of Science

#### Selection Criteria

Included publications:

- clinical trials
- systematic reviews
- periodontal textbooks
- treatment guidelines.

The search included publications from **2000 to 2025**.

#### Data Analysis

More than **70 publications** were screened, and **40 relevant studies** were selected.

The analysis focused on:

- conservative treatment methods
- pharmacological therapy
- surgical procedures
- treatment outcomes.

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### Results

The analysis of the literature revealed that treatment of hypertrophic gingivitis is usually performed in several stages.

#### 1. Elimination of Etiological Factors

The first step in treatment is identifying and eliminating the cause of gingival enlargement.

Common measures include:

- removal of dental plaque and calculus
- correction of defective dental restorations
- improvement of oral hygiene
- modification of orthodontic appliances if necessary.

Professional dental cleaning significantly reduces inflammation and gingival swelling.

#### 2. Professional Oral Hygiene

Professional oral hygiene procedures are fundamental in periodontal therapy.

These procedures include:

- ultrasonic scaling
- manual scaling
- root planing
- polishing of tooth surfaces.

Removal of bacterial plaque reduces microbial activity and inflammatory response in gingival tissues.

Clinical studies demonstrate that gingival enlargement may decrease significantly after professional plaque control.

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### 3. Anti-Inflammatory Therapy

Anti-inflammatory treatment plays an important role in reducing gingival swelling and improving periodontal health.

Common therapeutic methods include:

- antiseptic mouth rinses (chlorhexidine solutions)
- anti-inflammatory gels
- herbal antiseptic preparations
- local antimicrobial therapy.

These agents reduce bacterial load and promote healing of gingival tissues.

### 4. Pharmacological Treatment

In certain cases, systemic medications may be required.

These include:

- antibiotics in cases of severe bacterial infection
- vitamin therapy (especially vitamin C and B complex)
- immunomodulatory agents.

Patients with medication-induced gingival enlargement may require adjustment or substitution of the causative drug.

### 5. Surgical Treatment

Surgical intervention is indicated when fibrous gingival enlargement does not respond to conservative therapy.

The most common surgical procedures include:

#### Gingivectomy

Gingivectomy involves the removal of excess gingival tissue to restore normal gingival contour.

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### Advantages:

- rapid improvement of gingival shape
- improved oral hygiene access
- elimination of periodontal pockets.

### Gingivoplasty

This procedure reshapes gingival tissues to achieve optimal aesthetic and functional outcomes.

### Laser Surgery

Laser therapy is increasingly used due to several advantages:

- minimal bleeding
- reduced postoperative discomfort
- faster healing.

### 6. Supportive Periodontal Therapy

After treatment, patients require long-term maintenance therapy.

Maintenance procedures include:

- regular professional cleanings
- periodontal monitoring
- reinforcement of oral hygiene instructions.

Supportive care is essential to prevent recurrence of gingival enlargement.

### Discussion

The treatment of hypertrophic gingivitis requires a comprehensive and individualized approach.

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### Importance of Early Treatment

Early stages of hypertrophic gingivitis respond well to conservative treatment, including professional cleaning and improved oral hygiene.

Delayed treatment may result in fibrotic changes requiring surgical intervention.

### Effectiveness of Conservative Therapy

Clinical studies indicate that removal of plaque and calculus significantly reduces gingival inflammation and tissue enlargement.

In many patients, gingival tissues return to normal within several weeks after proper hygiene control.

### Role of Surgical Therapy

Surgical treatment is indicated when gingival enlargement becomes fibrotic and resistant to conservative therapy.

Modern surgical techniques, particularly laser procedures, provide improved precision and faster recovery.

### Patient Compliance

Successful treatment largely depends on patient cooperation.

Patients must:

- maintain good oral hygiene
- attend regular dental visits
- follow professional recommendations.

Without proper maintenance, recurrence of gingival enlargement is likely.

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### Conclusion

Hypertrophic gingivitis is a treatable periodontal condition when diagnosed early and managed appropriately.

Modern treatment approaches include elimination of etiological factors, professional oral hygiene procedures, anti-inflammatory therapy, pharmacological treatment, and surgical correction when necessary.

Comprehensive periodontal therapy combined with patient education significantly improves clinical outcomes and reduces recurrence rates.

Preventive measures and regular dental care remain the most effective strategies for maintaining gingival health.

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