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Multidisciplinary non-surgical treatment of advanced periodontitis: A case report

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Abstract

Patients with severe periodontitis often require multidisciplinary treatment to achieve healthy periodontal tissue, normal occlusion, and optimal aesthetics. In the present case we aimed to evaluate the efficacy of multidisciplinary non- surgical treatment and orthodontic treatment in a patient with stage IV/ grade C periodontitis, malocclusion, and dentition defects.

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Introduction

Periodontitis is a chronic inflammatory disease caused by plaque microorganisms that can lead to periodontal tissue inflammation and alveolar bone loss. If untreated, periodontitis increases the risk of loose teeth and subsequent tooth loss. Occlusion disorder problems often occur in patients with severe periodontitis, while secondary occlusal trauma can aggravate the destruction of periodontal tissue; however, both can be treated orthodontically. Sim et al and Angelina et al have both reported that orthodontic treatment will not exacerbate periodontal destruction if the periodontal inflammation and plaque are initially controlled. Moreover, postoperative stable occlusion was found to promote periodontal tissue recovery.

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Anamnesis

A 43 year old male with no medical history presented to our clinic for teeth mobility problems.

History of present illness

the patient complained of long-term problems with tooth loss and difficulties chewing. The patient had mild halitosis and bleeding during tooth brushing.

History of past illness

The patient had no significant medical history.

Physical examination

Oral hygiene (plaque assessment):

Periodontal pocket depth

Tooth mobility assessment

Bleeding on probing:

X-ray evaluation

In the clinical examination, we identified poor oral hygiene with a large amount of dental calculus and obvious plaque retention. The gingiva tissues appeared tender and edematous. Overall, more than 50% of his teeth showed mobility ? I°, and more than 50% presented a probing depth (PD) of > 4 mm with positive bleeding on probing (BOP).

According to the "Classification of Periodontal and Peri-Implant Diseases and Conditions" in 2017 and the Angle classification, the patient was diagnosed with:

(I) Periodontitis stage IV/ grade C;

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(2) angle class I skeletal malocclusion, and moderate crowded malocclusion.
A therapeutic plan was subsequently proposed by a team of periodontists and orthodontists

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Treatment plan

The therapeutic plan consisted of: (1) Non-surgical initial periodontal therapy, with supra- and subgingival PMPR, orthodontic treatment aimed at improving occlusion and aesthetics

The first step in therapy is aimed at guiding behaviour change by motivating the patient to undertake successful removal of supra- gingival dental biofilm and risk factor control, and include the following interventions:

- Supragingival dental biofilm control
- Interventions to improve the effectiveness of oral hygiene [motivation, instructions (oral hygiene instructions, OHI)]
- Adjunctive therapies using
Kin Gingival Complex tooth past
PerioKIN Oral Gel (Chlorhexidine digluconate: 0.20 %)
- Professional Mechanical Plaque Removal (PMPR), which includes the professional interventions aimed at removing supragingival plaque and calculus, as well as possible plaque-retentive factors that impair oral hygiene practices.

Then Step 2 “sub-gingival instrumentation”

Two weeks later, the patient underwent a session of professional plaque control, including reinforcement of oral hygiene processes via monthly checks and the use of plaque disclosing agents to facilitate daily examinations.

The second step of therapy (cause-related therapy) is aimed at the elimination (reduction) of the sub-gingival biofilm and calculus performed by power-driven (ultrasonic devices) that are specifically designed to gain access to the root surfaces in the sub-gingival environment to remove sub-gingival biofilm and calculus.

- Adjunctive therapies using
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Twelve weeks after completion of active therapy, the periodontal inflammation was deemed under control. Positive BOP sites were reduced, and the plaque index showed that the plaque accumulation markedly decreased, with a reduction in deep pockets ≥ 5 mm. Orthodontic treatment was therefore initiated

The patient was recalled for periodontal maintenance every 3 mo throughout orthodontic therapy, at which point his periodontal parameters were examined and any changes in her condition were recorded. Positive therapeutic effects with a low risk assessment level and overall improvements in PD were ultimately achieved



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▶ Step 1 Treatment of periodontal Disease

The first step in therapy is aimed at :

Behaviour change
improve oral hygiene

Control
Local Risk factor

Control
Systemic Risk factor

Supragingival
PMPR

PerioKIN Oral Gel

How To Use
After your oral hygiene routine, apply the gel 2 or 3 times a day with a brush soft or cotton bud, massaging the gums.
It should be used after meals and it is recommended that food and drinks are not consumed until at least half an hour after use.
The greatest effectiveness is achieved in night-time applications.

Do not rinse

Kin Gingival Complex

How To Use
Brush your teeth for 2-3 minutes, at least 3 times a day, preferably after each meal and before going to bed.
Duration Of Treatment
2-3 weeks only or as recommended by the dentist.

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▶ Step 1 Control Local Factors Motivation

Motivating the patient to undertake successful removal of supra- gingival dental biofilm

Brushing, interdental cleaning, + / - adjunctive efficacious toothpaste & mouthwash,



▶ Step 1 Control Local Factors PMPR KIN COMPETITION

PMPR is a medical term for scaling and polishing that actually has a lot of scientific support in the literature , And includes the removal of soft and hard deposits **supragingival** and also in the **visible marginal area**



“ we need to make sure that the whole area is **accessible to:**
 • the professional hygiene
 • also to the everyday individual hygiene of the patient at home ”

▶ Step 1 Control Local Factors PMPR

Expert consensus-based recommendation (1-4)

We **recommend** supragingival professional mechanical plaque removal (PMPR) and control of retentive factors, as part of the first step of therapy.

Supporting literature Hoedeman et al [B1], Trombelli et al [B2]

Grade of recommendation Grade A – ↑↑

Strength of consensus Unanimous consensus (0% of the group abstained due to potential CoI)

ESF Implementation

This evidence-based recommendation is **adaptable**.

We recommend supragingival Professional Mechanical Plaque Removal (PMPR) and control of biofilm/plaque retentive factors, as part of the first step of therapy.

Updated Evidence: No new applicable evidence was identified

Strength of Consensus: Strong Consensus (75% abstentions due to potential CoI)

▶ Step 1 Control Local Factors



Re-evaluation of STEP 1

- Continue to **build motivation and adherence**,
- **Develop skills** in dental biofilm removal
- Allow for the appropriate **response**



NonEngaging Patient
 → STEP 1



Engaging patient and PPO > 3mm
 → Step 2



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Carrying out the treatment

The overall aim was to improve the periodontal condition and encourage efficient oral hygiene habits and plaque control. The aesthetic needs of the patient and problems with occlusion were also considered.

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Follow up

The patient was recalled for periodontal maintenance every 3 mo throughout orthodontic therapy, at which point his periodontal parameters were examined and any changes in her condition were recorded. Positive therapeutic effects with a low risk assessment level and overall improvements in PD were ultimately achieved



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Discussion

A large number of long-term clinical studies have shown that patients with severe periodontitis who show good plaque control and receive only normative non-surgical periodontal treatment can achieve notable improvements in their periodontal condition. For example, Barros et al showed that non-surgical periodontal treatment alone could result in improvements in alveolar bone density.

Orthodontic treatment can re-arrange the dentition, eliminate occlusal trauma, restore stability, and disperse the occlusal force, all of which are crucial in gaining healthy periodontal soft and hard tissue. The precondition of orthodontic treatment is control of periodontal inflammation, which, if not achieved, can result in treatment failure or even accelerate periodontal destruction. In patients with moderate to severe periodontal disease, periodontal-orthodontic treatment can not only correct malocclusion, but also significantly improve periodontal health.

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Conclusion

In some patients with stage IV/grade C periodontitis, systematic and sequential non-surgical treatment can provide excellent therapeutic results.

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