Lateral Pedicle Flap for Isolated Gingival Recession: A Case Report

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Abstract: Gingival recession or marginal tissue recession is defined as the location of the marginal tissue apical to the cement - enamel junction (CEJ) with exposure of the root surface. It is also one of the most common esthetic concern associated with periodontal tissues. Management of gingival recession and its sequelae is based on thorough assessment of the etiological agent and the extent of the involvement of the marginal tissues. A number of mucogingival surgeries have been used to treat the gingival recession aiming primarily to prevent further root exposure and to increase the width of keratinized tissue. The lateral displaced pedicle flap described by Grupe and Warren in 1956 is one of the mucogingival surgery indicated for localized gingival recession. Thus this case report put an emphasis on lateral pedicle flap for the root coverage in relation to localized mandibular right central incisor.

Keywords: Gingival recession, Root coverage, Lateral pedicle graft

1. Introduction

According to AAP 2017 gingival recession is defined as an apical shift of the gingival margin caused by different conditions/pathologies. It is associated with clinical attachment loss which may be applicable to all surfaces (buccal/lingual/interproximal) ¹.

The etiology of gingival recession is multifactorial but is commonly associated with underlying alveolar morphology, toothbrushing, mechanical trauma and periodontal disease. Hence it is essential to identify the etiological agent of gingival recession, to accurately rule out the treatment plan.

The term mucogingival surgery was first brought into literature by Friedman in (1957) to describe surgical procedures for the correction of relationships between the gingiva and the oral mucous membrane with reference to three specific problem areas: attached gingiva, shallow vestibules, and a frenum interfering with the marginal gingiva. According to the Glossary of Periodontal Terms (1992) mucogingival surgery is defined as "plastic surgical procedures designed to correct defects in the morphology, position and/or amount of gingiva surrounding the teeth" ².

Following surgical procedures are indicated for treatment of gingival recessions, they include³
Lateral reposition flap
Double papilla flap
Oblique rotation flap
Coronally advanced flap
Semilunar flap

In 1956, Grupe and Warren developed the original procedure called the sliding flap operation for covering an isolated exposed root. For single isolated tooth root coverage where the amount of adequate soft tissue and underlying bone is present at the donor site makes the prognosis of lateral sliding flap good⁴. The advantages of pedicle grafts when compared to autografts is one surgical site with preservation of blood supply to pedicle graft which will prevent graft necrosis and rejection which results in post operative colour harmony with adjacent gingival tissues⁵.

2. Case Report

A 26 years old female patient reported to the outpatient Department of Periodontics and implantology with the chief complaint of mild hypersensitivity and receding gums in her lower front tooth region for past 6 months. The patient reported no previous medical and dental history. The patient had no previous medical and dental history. On examination Miller’s Class III recession was elicited in 41 with a recession depth of 5 mm and CAL of 7 mm. Grade I mobility was detected clinically with the involved tooth.

Pre - Surgical protocol

Patient education and oral hygiene instructions were given. Patient was informed on poor prognosis of the involved tooth however the root coverage was attempted for the esthetic concern of the patient.

Surgical Procedure

The lateral pedicle graft was done according to Grupe and Warren modification using submarginal incision to prevent donor tissue recession. After administration of local anaesthetic agent the exposed root surface was scaled and planed using curettes to remove the residual plaque and to smoothen the surface irregularities. A V - shaped incision about the denuded root, removing the adjacent epithelium and connective tissue.24%EDTA gel used for root biomodification. Horizontal submarginal and vertical incision was given on distal line angle of 32 (fig: A and B).

Figure A: Pre - operative
Preparation of the Donor Site

The donor flap as shown should be at least 1 ½ times the size of the recipient area to be covered and 3 to 4 times longer than it is wide. A partial - thickness flap is begun with a scalloped, inverse - beveled incision at the gingival crest using a no.15 scalpel blade. The incision extends from the V - shaped incision to the vertical incision. The horizontal incision is stopped at the mucogingival junction. The scalpel blade is inserted into the vertical incision apical to the mucogingival line. The blade is moved in a coronal direction as tension is placed on the flap, permitting easy separation. The flap is sharply dissected, making sure to preserve all the interproximal papilla.

Preparation of the pedicle flap

A split - thickness pedicle is raised by carefully separating the flap from underlying structure. The flap should be free enough to permit movement to the recipient site, with no tension (Fig: C). If tension is encountered, a cutback or releasing incision will be required to dissipate the tension. The pedicle flap is positioned coronally 1 to 2 mm onto the enamel of the recipient tooth or to the maximum height that the interproximal tissue will allow. Suturing is done using 5 - 0 silk suture. Sling suture is placed, which pull the papilla interproximally and hold the tissue tightly against the neck of the tooth. One interrupted suture is placed at the cutback region (Fig: D). Periodontal dressing (Coe Pak) was placed (Fig: E).

Post operative instructions

Patient was kept on antibiotic and analgesic for 3 days and advised not to brush in the surgical site for 14 days. Chlorhexidine gluconate mouth wash of 0.12% twice daily was recommended. Suture was removed after 14 days post operative.

3. Outcome

Postoperatively, there was a firm attachment of coverage of (around 3mm) on denuded root surface.

4. Discussion

Gingival recession can be localized or generalised. The resulting root exposure is not esthetically pleasing and may lead to sensitivity and root caries$. Lateral pedicle flap first given by Grupé and Warren for localized gingival recession. The indication to perform lateral pedicle flap are the adequacy of width, length and thickness of keratinized tissue.
5. Conclusion

The present case report has shown that LPG is a simple and reliable procedure for isolated gingival recession. The predictable outcome of the isolated defect was excellent in terms of root coverage and esthetically pleasing to the patient.

References


