

Fibrous Periodontitis: Modern Evidence-Based Approaches to Treatment

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Abstract

Fibrous periodontitis is a chronic form of periodontal inflammation characterized by productive changes and the formation of connective tissue structures. The condition often remains asymptomatic and is detected mainly during radiographic examination, which complicates timely diagnosis. This work aims to systematize current treatment approaches and identify the most effective methods based on evidence-based dentistry. A review of recent domestic and international studies demonstrated that endodontic therapy remains the fundamental strategy, with mechanical and pharmacological root canal treatment combined with sodium hypochlorite or chlorhexidine irrigation achieving clinical success rates of 85–92%. The use of calcium hydroxide-based medicaments increases stable remission up to 95%. Adjuvant physiotherapy methods, such as laser therapy and ultrasonic irrigation activation, enhance canal sterility and accelerate reparative processes by 20–25%. In resistant cases, surgical interventions (apicoectomy, hemisection, root resection) are indicated, ensuring long-term tooth preservation in 70–80% of patients. A comprehensive, individualized, and multi-stage approach is therefore essential to improving the prognosis and quality of dental care in fibrous periodontitis.

Keywords: fibrous periodontitis, endodontic treatment, calcium hydroxide, laser therapy, apicoectomy.

Introduction. Fibrous periodontitis refers to chronic forms of periodontal inflammatory disease and is characterized by predominant productive changes with the formation of connective tissue structures. According to epidemiological studies, the proportion of fibrous periodontitis among all forms of chronic periodontitis ranges from 18% to 25%. The disease is usually asymptomatic and is predominantly detected by radiographic examination, which complicates timely diagnosis. Considering its latent course and the risk of progression to more severe inflammatory forms, the issue of selecting a rational therapeutic strategy is of particular relevance.

Objective. To systematize modern approaches to the treatment of fibrous periodontitis and to determine the most effective therapeutic methods based on evidence-based dentistry.

Materials and Methods. Recent domestic and international publications were analyzed, focusing on endodontic, pharmacological, and surgical methods of treating fibrous periodontitis, with consideration of clinical studies and literature reviews of the past years.

Results. Data analysis showed that the fundamental approach to the treatment of fibrous periodontitis is endodontic therapy. According to clinical studies, thorough mechanical and pharmacological treatment of root canals combined with irrigation using sodium hypochlorite and chlorhexidine provides positive outcomes in 85–92% of cases. The application of calcium hydroxide-based pastes additionally reduces microbial load and increases the likelihood of stable remission up to 95%.

Adjuvant physiotherapeutic methods such as laser therapy and ultrasonic activation of irrigants are considered promising. Their use improves the sterility of the root canal system and shortens reparative processes by 20–25% compared to conventional endodontic treatment. In resistant cases, surgical interventions (apicoectomy, hemisection, root resection) remain necessary, which, according to literature data, ensure successful tooth preservation in 70–80% of patients within a 5-year follow-up.

Conclusion. Thus, the treatment of fibrous periodontitis should be comprehensive, combining endodontic, pharmacological, and physiotherapeutic methods, while in resistant cases surgical interventions are required. The highest effectiveness is demonstrated by a multistage approach with the mandatory use of modern antiseptics and calcium-containing preparations. Individualization of treatment tactics improves the long-term prognosis of tooth preservation and enhances the quality of dental care.