

## **Conservative Methods of Treating Hypertrophic Gingivitis**

**Haydarova Durдона Munisovna**

Department of Therapeutic Stomatology, Samarkand State Medical University

**Karimov Khusniddin Yashin**

Student of Samarkand State Medical University

**Abstract:** Hypertrophic gingivitis is a disease characterized by inflammatory damage to the gums, gradual increase of gingival tissue and the formation of pathological periodontal pockets. In the general structure of periodontal diseases, this pathology accounts for up to 3% of clinical cases. At the same time, women are more often faced with symptomatic manifestations of hypertrophic gingivitis than representatives of the stronger sex.

**Key words:** Sclerosis therapy; use of physiotherapeutic methods; endocrine disorders; hypovitaminosis; occlusal disorders;

### Causes of hypertrophic gingivitis

Hypertrophic gingivitis can act as a separate pathology or be one of the complications of catarrhal gingivitis.

At the same time, factors that increase the risk of its occurrence and development:

occlusal disorders;

twisting or crowding of teeth, their excessive number;

the presence of dental plaque;

improper fastening of the reins;

improper hygiene rules;

leukemia;

use of incorrectly selected prosthetic structures;

damage to the gums due to an incorrectly installed filling;

hormonal imbalance (menopause, pregnancy or puberty);  
endocrine disorders;  
hypovitaminosis;  
taking certain medications (immunosuppressants, antiepileptic drugs, oral contraceptives, etc.);  
lack of a competent approach to the treatment of dental diseases.

Forms and symptoms of hypertrophic gingivitis

Modern dentistry distinguishes two types of hypertrophic gingivitis, which differ in symptomatic manifestations:

swollen;

fibrous.

Edematous hypertrophic gingivitis is characterized by:

pain in the affected areas;

bleeding and burning gums, which are aggravated during meals and hygiene measures;

hyperemia of gum tissue;

hypertrophy of gingival papillae, their bluish color and shiny shine;

formation of pathological periodontal pockets;

bleeding in the affected areas.

On the other hand, patients with fibrous hypertrophic gingivitis complain of compression and proliferation of gingival tissues, their unaesthetic appearance. Affected areas of the gums are pale pink in color and have a lumpy, uneven surface. Often, the gum tissue grows so much that it prevents the patient from chewing food and performing hygiene procedures.

Depending on the intensity of gum tissue growth, the following stages of disease development are distinguished:

mild (gingival papillae are hypertrophied at the bottom, the gingival edge hides one third of the crown of each tooth in the affected area);

middle (the gingival papilla quickly enlarges and takes on a dome-like appearance, and the grown gingival margin hides half of the crown of the teeth);

severe (significant growth of gingival papillae, gums hide more than half of tooth crowns).

According to the degree of spread of the pathological process, hypertrophic gingivitis is divided into general and local (within 5 teeth).

## Methods of treatment of hypertrophic gingivitis

The treatment program for swollen hypertrophic gingivitis includes:

removing dental plaque;

use of physiotherapeutic methods;

antiseptic treatment of epithelial tissues of the oral cavity;

rinsing the mouth with herbal decoctions;

gum massage;

applying hormonal gels to the affected areas;

sclerosis therapy;

injection of steroid hormonal drugs into the gingival papilla.

In the treatment of the fibrotic form of the disease, soft conservative methods are often ineffective.

In such situations, the following come to the fore:

gingivectomy;

diathermocoagulation of affected tissues;

cryodestruction of hypertrophied gingival papillae;

elimination of all traumatic factors (repair of prostheses, restoration of the correct anatomical shape of damaged teeth, replacement of old fillings, course of orthodontic treatment, etc.).

The criterion for the treatment of the disease is the disappearance of the subjective symptoms of the disease, the normalization of the appearance of pathological periodontal pockets and gum tissue.

It should be understood that self-treatment and the use of traditional medicine methods do not always help the patient to recover, in most cases they become one of the factors that cause the development of complications. Therefore, when identifying the symptoms that indicate the appearance of hypertrophic gingivitis, it is necessary to seek professional help from dental clinics.

### List of used literature:

1. Munisovna X. D. COMPLEX METHODS OF TREATMENT OF CHRONIC PERIODONTITIS //Conferences. – 2023. – C. 36-40.

2. Munisovna K. D. et al. GINGIVITIS IN PEOPLE: FEATURES OF DIAGNOSIS, CLINICAL MANIFESTATIONS AND TREATMENT //ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ. – 2023. – Т. 20. – №. 3. – С. 58-62.
3. Хайдарова D., Tilavov X. TREATMENT OF PULP PATHOLOGY IN PATIENTS WITH CHRONIC PERIODONTITIS //Science and innovation. – 2023. – Т. 2. – №. D12. – С. 79-82.
4. Хайдарова Д. ПРИМЕНЕНИЕ СОВРЕМЕННЫХ АНТИСЕПТИКОВ ДЛЯ ПРОФИЛАКТИКЕ В РАЗВИТИЕ ПЕРЕИМПЛАНТИТАХ //Евразийский журнал медицинских и естественных наук. – 2022. – Т. 2. – №. 6. – С. 62-68.
5. ВАЛИЕВА, С. Ш., НАБИЕВ, О. Р., ХАЙДАРОВА, Д. М., ГАППАРОВ, Ж. З. У., & НАСРЕТДИНОВА, М. Т. ВЕСТНИК НАУКИ И ОБРАЗОВАНИЯ. ВЕСТНИК НАУКИ И ОБРАЗОВАНИЯ Учредители: Олимп, 76-81.
6. Asrorovna X. N. et al. Anatomy And Topography of The Tooth //Texas Journal of Medical Science. – 2022. – Т. 4. – С. 1-3.
7. Xolboeva N., Хайдарова D. BIOLOGICAL METHODS OF TREATMENT OF PULPITIS //Science and innovation. – 2022. – Т. 1. – №. D8. – С. 73-78.
8. Asrorovna X. N., Munisovna X. D. COMPLEX METHODS OF TREATMENT OF CHRONIC PERIODONTITIS //Journal of Integrated Education and Research. – 2023. – Т. 2. – №. 1. – С. 53-56.
9. Kholboeva N. A., Khaydarova D. M. MECHANICAL TREATMENT AND EXPANSION OF ROOT CANALS WITH CHEMICAL PREPARATIONS (ENDOLUBRICANTS) //Bulletin of Science and Education. – С. 4-1.
10. Munisovna I. R. H. D. et al. TREATMENT OF TEETH DAMAGED BY SURFACE CARIES IN REM-THERAPY MODE //Galaxy International Interdisciplinary Research Journal. – 2023. – Т. 11. – №. 11. – С. 513-515.
11. Холбоева Н. А., Хайдарова Д. М. МЕХАНИЧЕСКАЯ ОБРАБОТКА И РАСШИРЕНИЕ КОРНЕВЫХ КАНАЛОВ ХИМИЧЕСКИМИ ПРЕПАРАТАМИ (ЭНДОЛУБРИКАНТЫ) //Вестник науки и образования. – 2022. – №. 4-1 (124). – С. 88-92.
12. Xolboeva N., Хайдарова D. PROVISION OF THERAPEUTIC DENTAL CARE AND PREVENTIVE MEASURES DURING PREGNANCY //Science and innovation. – 2022. – Т. 1. – №. D6. – С. 179-181.
13. Raxmonova B., Хайдарова D., Sadikova S. TREATMENT OF FRACTURES OF THE UPPER AND LOWER HEAD IN ELDERLY PATIENTS USING THE IMMOBILIZATION METHOD IMPACT ON PERIODONTAL TISSUE //Science and innovation. – 2023. – Т. 2. – №. D10. – С. 194-198.
14. Валиева С. Ш. и др. Наша тактика лечения больных с болезнью Меньера //Вестник науки и образования. – 2021. – №. 7-3 (110). – С. 76-81.
15. Хайдарова D., Karimov I. RESULTS OF THE ASSESSMENT OF CHANGES IN MASTICATORY MUSCLE TONE IN RELATION TO THE PATIENT'S BODY POSITION //Science and innovation. – 2023. – Т. 2. – №. D10. – С. 155-157.
16. Asrorovna X. N., Muzaffarovich M. S. CLINICAL STUDY OF THE EFFECTIVENESS OF MODERN ANTIVIRAL DRUGS FOR THE TOPICAL TREATMENT OF PATIENTS WITH HERPES SIMPLEX LIPS //European International Journal of Multidisciplinary Research and Management Studies. – 2024. – Т. 4. – №. 02. – С. 301-304.

17. Asrorovna K. N. et al. Periodontal Tissue Changes in Patients with Diabetes //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2024. – Т. 4. – №. 2. – С. 74-77.
18. Xolboeva N. et al. PATHOLOGICAL CHANGES IN THE ORAL MUCOSA IN DIABETES MELLITUS //Science and innovation. – 2023. – Т. 2. – №. D12. – С. 493-496.
19. Xolboeva N., Murtazaeva Z., Shukurova M. CHANGES IN THE ORAL MUCOSA IN TUBERCULOSIS //Science and innovation. – 2023. – Т. 2. – №. D12. – С. 76-78.
20. Холбоева Н. А., кизи Усмонова М. И., угли Бахтиёров М. А. ILDIZ KANALLARINI KIMYOVIY MODDALAR BILAN MEXANIK ISHLOV BERISH VA KENGAYTIRISH //Евразийский журнал медицинских и естественных наук. – 2022. – Т. 2. – №. 5. – С. 186-188.
21. Asrorovna X. N., Ugli J. O. M., Ugli K. S. F. THE MAIN CLINICAL FEATURES OF THE ORAL CAVITY OF PREGNANT WOMEN SUFFERING FROM GINGIVITIS //European International Journal of Multidisciplinary Research and Management Studies. – 2023. – Т. 3. – №. 10. – С. 258-262.
22. Farrukh S. ORGANIZATION OF DIGITALIZED MEDICINE AND HEALTH ACADEMY AND ITS SIGNIFICANCE IN MEDICINE //Science and innovation. – 2023. – Т. 2. – №. Special Issue 8. – С. 493-499.
23. Xolboeva N., Murtazaeva Z., Safoeva S. PATHOLOGICAL CHANGES IN THE MUCOUS MEMBRANE OF THE ORAL CAVITY IN DIABETES //Science and innovation. – 2023. – Т. 2. – №. D12. – С. 72-75.
24. Asrorovna K. N., Davlatmurodovich E. K. Changes of Dental Hard Tissue in Diabetes Mellitus //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2024. – Т. 4. – №. 3. – С. 33-37.
25. Asrorovna K. N., Melidior R. MODERN INTERPRETATION OF THE CHANGES AND TREATMENT OF THE MUCOUS MEMBRANE OF THE ORAL CAVITY IN TUBERCULOSIS //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2024. – Т. 4. – №. 2. – С. 475-480.
26. Asrorovna X. N., Muzaffarovich M. S. IMMUNOLOGICAL INDICATORS OF VIRAL INFECTION IN PATIENTS WITH LICHEN PLANUS OF THE ORAL MUCOSA //European International Journal of Multidisciplinary Research and Management Studies. – 2024. – Т. 4. – №. 02. – С. 305-308.
27. Xolboeva N., Xaydarova D. PROVISION OF THERAPEUTIC DENTAL CARE AND PREVENTIVE MEASURES DURING PREGNANCY //Science and innovation. – 2022. – Т. 1. – №. D6. – С. 179-181.
28. Asrorovna X. N. et al. Methods Of Instrumental Treatment of Root Canals //Texas Journal of Medical Science. – 2021. – Т. 2. – С. 17-19.