

Periodontal regenerative procedures with a follow-up 6 years on

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Clinical evaluation/ Diagnosis

Spartaco, a 45 years old healthy man, a former smoker who quit more than 10 years ago. He came to my office knowing several of his teeth have to be extracted because of periodontitis, thus he wanted to replace those teeth with implants. His wife's dentist, indeed, told him there is no solution for his disease. Spartaco already had 2 implants in his lower jaw but was not satisfied with the outcome and he was right. After my examination I gave him my diagnosis: he had an advanced form of periodontitis and actually he would have lost his teeth in a short time. However, extracting teeth and replacing them with implants was not the right choice. So I outlined the treatment plan suitable for curing his periodontal disease.

Treatment goals

The first target of the periodontal treatment is to stop the periodontal disease and to avoid further loss of support. After 3 months from the Non-surgical phase, I re-evaluated Spartaco's periodontal tissue and I found a great improvement: the probing depth was generally reduced although the Sextants 1, 3 and 5 needed surgical treatment.

Description of clinical/surgical procedures

Sextant 1 and 3: I opened a flap preserving the papillas according to Cortellini's SPPT (1999) and removed the infra-bony granulation tissue, finding very deep angular defects. After debridement, Pref-gel was placed on the roots and left to act for 2 minutes and then removed with saline. A thin layer of EMD was placed in contact with the roots. Thus, the huge angular defects were filled by Bio-Oss as scaffold and a new layer of EMD was placed again over the bone particulate. In the end, I closed the flap with a mix of mattress and single sutures. Sextant 5: A flap was opened according to Cortellini's MPPT (1995). After debridement of the granulation tissue, tooth #3.1 showed a deep but narrow defect, so I placed just EMD deeply in the defect and all around the sextant because of shallow defects on the other teeth.

Clinical outcomes

Spartaco was really good and actually he is still one of my best patients in term of oral hygiene. Also thanks to his compliance, I can show a follow up 6 years on. On January 2019, I took the last pictures and X-rays which now I can show you: not one tooth was lost, not one implant was placed. He still bites with his own teeth.