CORONALLY ADVANCED FLAP VERSUS TUNNEL TECHNIQUE TO COVER GINGIVAL RECESSIONS: A RANDOMIZED, DOUBLE BLIND, MONO-CENTER PROSPECTIVE CLINICAL TRIAL

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Over the years, different periodontal surgery techniques have been introduced for the treatment of gingival recessions. The aim of the present randomized clinical trial was to compare two surgical techniques to cover gingival recessions of Miller’s class I and II using a connective tissue graft (CTG). A total of 36 patients with 57 gingival recessions of Miller class I and II were recruited and randomly enrolled in a group of patients that underwent either the coronally advanced flap (CAF) or the modified microsurgical tunnel technique (MMTT). In both techniques a CTG was applied. In addition to clinical measurements, impressions were taken and digitally scanned to evaluate 3-dimensionally the quantitative changes of soft tissue in the operative region. Clinical evaluations were performed after 3, 6 and 12 months. After a period of 12 months, significant differences were not found between the 2 groups. Root coverage was 98.1% for CAF and 96.4% for MMTT. The evaluation of the esthetic outcome using RES showed good results in both groups and was in accordance with patient satisfaction. There was no significant difference in evaluation of volumetric changes and gained keratinized tissue. The CAF and MMTT associated with CTG are equally successful to cover gingival recessions of Miller class I and II with high esthetic results. All patients consented of willing a further periodontal surgery in other sites of the mouth if needed.