

PLATELET RICH FIBRIN MEMBRANE ALONG WITH FREE GINGIVAL GRAFT IN MANAGEMENT OF GINGIVAL RECESSION: A CASE REPORT

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Introduction: Surgical augmentation of the attached gingiva facilitates the control of dental plaque.

Free gingival autograft: simple, easy, highly predictable gingival augmentation modality used to increase the zone of attached gingiva, deepen the vestibule, and in the treatment of gingival recession. Platelet-rich fibrin (PRF) is a platelet concentrate with leukocytes in a dense fibrin matrix and is rich in platelets, leukocytes, and many growth factors including transforming growth factor beta 1 (TGF- β 1), vascular endothelial growth factor (VEGF), interleukin beta (IL-1 β), and platelet derived growth factor (PDGF), IL-4, IL-6.

Chief complaint: A 35-year-old female patient reported with the chief complaint of downward movement of the gum in the lower front teeth region.

Clinical presentation: On intra-oral examination, with respect to the left mandibular central incisor, gingival recession (miller class III) was found with inadequate (0.5mm) width of attached gingiva, shallow vestibule, and aberrant frenum pull. Radiograph revealed bone loss of around 3-4mm with respect to the tooth of interest. After preparation of recipient bed, PRF membrane was prepared (Choukroun's PRF method) and a free gingival autograft (8x8mm) was harvested from the premolar region on the right side of palate. PRF membrane was placed beneath the graft and suturing was done.



Results: After 1 month, a thick band (2mm) of attached gingiva was obtained; 1 mm recession coverage was also observed. A thick fibrous reunion was observed in the frenum area, which was corrected by vestibular deepening at the 1 month visit only. Patient was recalled every three months.

Conclusion: In the present case, 1mm recession coverage along with a 2mm band of keratinized gingival tissue and thick biotype was obtained using a free gingival graft and PRF membrane. The case was followed for six months. Further follow up visits are yet to be done, and improved outcomes via creeping attachment are expected.