



Diode-laser Management of Puberty-induced Gingivitis and Grade II Gingival Enlargement in a Female Patient: A Case Report

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Abstract:

Although gingival curettage is the conventionally recognized procedure for management of inflamed tissue, readily available and economical diode lasers – the most commonly used lasers – help in nonsurgical management of gingival inflammatory changes. A case report is described here in which diode laser is used to treat puberty-induced gingival enlargement. The case report shows a new approach to managing puberty gingivitis, which commonly shows inflammatory enlargement that does not completely regress after puberty is over. The enlargement is usually an exaggerated response to local plaque due to high amount of hormones, such as estrogen and testosterone. The changes are relatively nonspecific, with color and contour changes, and are associated with bleeding on mild stimulation. Diode lasers are the best option to eradicate bacteria from gingival pockets and achieve reliable long-term results.

Keywords: diode laser, puberty gingivitis, gingival enlargement, pocket disinfection, curettage.

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