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**TREATMENT APPROACHES FOR PERIODONTAL DISEASES: METHODS
AND STRATEGIES**

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Treatment of periodontal diseases is one of the most difficult tasks of modern dentistry and one of the oldest medical problems. The first known attempts were made 4000 years ago and involved the extraction of teeth and the treatment of the gums with various drugs. The first attempt to stop the process while preserving teeth was to treat them to remove plaque more than 1,000 years ago. Root canal treatment with the removal of various types of plaque was first systematized in its modern form in 1876 in the works of JM Riggs. This type of therapy, united under the concept of mechanical therapy, is well known to dentists. and remains an important element in the treatment of periodontal diseases today. The second period of development in the treatment of periodontal diseases began around the 1940s. In the last century, a number of studies have formed the principles of more aggressive surgical treatment of periodontal diseases. Its basis was the surgical removal of gingival pockets with gingival resection and the formation of a normal gingival canal, resection of the marginal bone with restoration of normal contours. By 1970, resection methods became the most common and became the basis for the treatment of periodontitis, which is not compatible with traditional mechanical therapy. At the end of the 70s and 80s, as the research on the etiopathogenesis of periodontal diseases continued, it became clear that the combination of various forms of mechanical and antimicrobial therapy was sufficient in most cases to stop the process and more or less clear periodontal regeneration. was shown. soft tissues. Currently, the concept of treatment of periodontal diseases includes a combination of root canal treatment with plaque removal and, if necessary, surgical treatment with antimicrobial and modifying therapy as a basis. This is no longer considered sufficient to stop the process of elimination and achieve sanitation of the pockets. Complete restoration of previously destroyed connective tissue matrix and bone tissue should be achieved as much as possible. Thus, the main goal of treatment of periodontal diseases is to completely eliminate inflammation, restore the normal anatomical structure and physiological functions of the periodontium. With significant destruction of periodontal tissues, it is not always possible to completely restore the structure and function, and the need to stabilize the process and create conditions for maintaining perfect individual oral hygiene comes to the fore. Another important goal of treatment is the long-term maintenance of a healthy periodontal condition achieved as a result of treatment.

These treatment goals are achieved by solving the following tasks:

- maintaining ideal oral hygiene and creating optimal conditions for it;
- pain relief;
- elimination of inflammation;

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- normalization of microflora balance;
- slowing down bone resorption;
- reduction (ideally destruction) of the periodontal pocket;
- decreased mobility of teeth;
- restoration of optimal occlusal relations;
- restoration of the physiological contour of the gingival edge;
- restoration of periodontal tissues;
- prevention of recurrence and loss of teeth.

Different treatments are used to solve these problems.

A periodontal disease treatment plan includes the following steps:

1. A - the initial stage, aimed at eliminating acute cases of periodontal diseases, includes the treatment of the following acute diseases:

- acute pericoronaritis;
- gum abscess;
- periodontal abscess;
- removal of unreliable teeth;
- temporary orthopedic treatment.

2. B1 - etiological stage, aimed at eliminating the etiological factors of the disease and includes:

- plaque control;
- diet control;
- removing plaque and tartar, polishing surfaces;
- repair of fillings and prostheses;
- antimicrobial therapy;
- correction of occlusal contacts;
- orthodontic treatment.

After that, the periodontal condition, the level of gingival inflammation, the depth of the gingival pockets, as well as the state of oral hygiene are re-evaluated. Then the need to carry out the next stage of treatment is decided.

3. In B2 - the surgical stage, the purpose of which is to eliminate the conditions for maintaining inflammation in the periodontal tissues - to eliminate the pockets with the help of periodontal surgery.

4. B3 - restoration stage aimed at restoring the integrity of the teeth and normalizing the occlusal load. The final rational prosthesis is made. The periodontal condition is then reassessed and the final stage of treatment continues.

5. In B4 - maintenance stage, the goal of which is stable remission of the process. It includes:

- periodic visits of the patient to the doctor, observation of oral hygiene;
- assessment of inflammation, determination of pocket, tooth mobility;
- occlusion correction.

The treatment plan should be agreed with the patient. After that, they proceed directly to treatment.



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