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BRAZILIAN JOURNAL OF DENTISTRY AND ORAL RADIOLOGY

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PUBLICAÇÕES CIENTÍFICAS DE ACESSO ABERTO

Case Report

Surgical Strategies and Monitoring in the Treatment of Oral Fibroma: Case Report

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Abstract: The present study reports a clinical case of fibroma on the oral mucosa of a 45-year-old patient, addressing the diagnostic and therapeutic steps taken, as well as the outcomes achieved. Fibromas are common benign lesions in the oral cavity, requiring precise clinical management to avoid discomfort and complications to the patient. In this case, the patient reported social discomfort due to the pedunculated and painless lesion on her labial mucosa. An excisional biopsy was performed under local anesthesia, followed by suturing, with a postoperative recovery free of complications. Histopathological analysis confirmed the diagnosis of fibroma, and periodic follow-up showed no signs of recurrence, improving the patient's comfort and aesthetics. This case underscores the im-portance of clinical and histopathological diagnosis, as well as careful follow-up for successful resolution of oral lesions, highlighting the need for multidisciplinary and evidence-based practices in dentistry.

Keywords: Oral Fibroma; Excisional Biopsy; Clinical Management of Oral Lesions.

Citation: Alves LCV, Carvalho PHR. Surgical Strategies and Monitoring in the Treatment of Oral Fibroma: Case Report. Brazilian Journal of Dentistry and Oral Radiology. 2023 Jan-Dec;2:bjd23.

doi: https://doi.org/10.52600/2965-8837.bjdor.2023.2.bjd23

Received: 27 March 2023
Accepted: 17 May 2023
Published: 10 July 2023

1. Introduction

Oral lesions pose a significant diagnostic challenge in dental practice, given their etiological diversity ranging from variations of normality to malignant conditions. Fibromas, in particular, are benign lesions commonly found in the oral mucosa, characterized by slow growth and firm consistency [1]. Proper identification and management of these lesions are crucial not only for eliminating potential discomforts or complications but also for ensuring the patient's oral aesthetics and functionality [2]. The diagnosis of oral fibromas is usually made through a detailed clinical ex-amination, followed by histopathological confirmation after performing an excisional biopsy [3]. This procedure not only provides a definitive diagnosis but also represents the primary treatment for the lesion. The surgical technique involves the complete removal of the lesion, with care to preserve the integrity of adjacent tissues, thus minimizing the risk of recurrence and ensuring better healing [4].

The multidisciplinary approach to the diagnosis and treatment of benign oral lesions, such as fibromas, emphasizes the importance of a personalized treatment plan that considers both clinical needs and patient expectations. This includes not only surgical intervention, but also periodic follow-up aimed at monitoring the treated area and preventing possible recurrences [5]. The successful treatment of fibroma in the oral mucosa, as discussed, highlights the essentiality of a precise and personalized diagnostic and therapeutic approach. This case highlights the importance of multidisciplinary collaboration and close follow-up to ensure not only effective removal of the lesion, but also long-term patient satisfaction and well-being. Furthermore, the relevance of continuous education and evidence-based practice is highlighted to improve clinical results in dentistry, emphasizing the need for careful diagnoses and appropriate management of oral lesions to

prevent recurrences and promote recovery. aesthetic and functional. Thus, this article aims to present a case report of a fibroma in the oral mucosa, discussing the diagnostic and therapeutic steps adopted, as well as the results obtained. Through this study, we seek to contribute to the existing literature on the clinical management of benign oral lesions, reinforcing the importance of evidence-based practices in the field of dentistry.

2. Case Report

A 45-year-old non-smoking female patient with no history of systemic alterations was referred to the same dental school as the previous case with the main complaint of a "hard nodule on the lip." During the initial anamnesis, a fibrous lesion was found on the upper lip mucosa, presenting as painless, pink-colored, firm consistency, pedunculated shape, and sessile base. According to the patient, the presence of the lesion caused social discomfort, although there were no reports of taste alterations or difficulties during eating. Based on the clinical examination, it was decided to perform an excisional biopsy of the lesion, a procedure carried out under local anesthesia. The surgical technique adopted involved careful incision and dissection of the lesion, preserving the integrity of adjacent tissues. After complete removal of the lesion, the area was sutured with stitches that were removed after 7 days, without complications in the postoperative period. The obtained material was sent for histopathological analysis, which confirmed the diagnosis of fibroma, a common benign lesion in the oral mucosa. The surgical margins were free of lesion, indicating complete removal. Postoperative recommendations included local oral hygiene care and periodic follow-up for monitoring. During follow-up visits, the patient reported significant improvement in lip comfort and aesthetics, with no recurrence of the lesion. This case highlights the importance of a multidisciplinary approach in the diagnosis and treatment of oral lesions, aiming not only for lesion removal but also for functional and aesthetic recovery of the patient (Figure 1).

Figure 1: A. Preoperative panoramic radiograph displaying osteoma in the region of the right mandibular angle. B. Radiograph detailing the location and extent of the osteoma. C. Postoperative panoramic radiograph showing the mandible after surgical removal of the osteoma.

3. Discussion

The importance of appropriate diagnosis and management of oral lesions, as il-lustrated by the fibroma in the oral mucosa, is widely recognized in the literature. Alawi and Freedman emphasize the uniqueness of oral sclerotic fibroma and its differentiation from other benign fibrous lesions, reinforcing the need for careful approach in identifying and treating these lesions [1]. De Santana Santos et al. provide a comprehensive review of focal fibrous hyperplasia, highlighting the frequency of these lesions in clinical practice and the importance of distinguishing such benign conditions from more serious ones [2].

The reported case also underscores the relevance of postoperative follow-up and histopathological evaluation, as observed in studies examining the diversity of oral and maxillofacial biopsies and the importance of confirming the diagnosis for effective treatment [3]. Ulaganathan et al.'s retrospective analysis of oral and maxillofacial biopsies in a specific institution highlights the variety of lesions found and the essentiality of histopathology for clinical management [4]. The complexity of diagnosing and treating oral lesions and the need for a multidisciplinary approach are evident. Collaboration among specialists and the use of evidence-based practices are crucial for achieving the best outcomes for patients, ensuring not only effective removal of lesions but also functional and aesthetic recovery [5, 6].

4. Conclusion

The successful treatment of fibroma in the oral mucosa, as discussed, highlights the essentiality of a precise and personalized diagnostic and therapeutic approach. This case highlights the importance of multidisciplinary collaboration and close follow-up to ensure not only effective removal of the lesion, but also long-term patient satisfaction and well-being. Furthermore, the relevance of continuous education and evidence-based practice is highlighted to improve clinical results in dentistry, emphasizing the need for careful diagnoses and appropriate management of oral lesions to prevent recurrences and promote recovery. aesthetic and functional.

Funding: None.

Research Ethics Committee Approval: We affirm that the participant consented to the research by endorsing a clear consent document, and the investigation adhered to the ethical standards outlined in the Helsinki Declaration.

Acknowledgments: None.

Conflicts of Interest: None.

Supplementary Materials: None.

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