



Identification, Cause and Surgical Management of Traumatic Fibroma in the Jugal Mucosa: A Case Report

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Authors' contributions

This work was carried out in collaboration among all authors. Author JPAB conceptualized and investigated the study and searched for resources. Author JPSJ conceptualized the study, performed methodology and did software analysis. Authors JHSM and PPLA did data validation, edited and revised the manuscript. Author APFS helped in project management and revised the study. Author LCB wrote and prepared the original draft of the manuscript. Author FLAS performed methodology, data validation, visualization and supervision. Author JC did the accompaniment and supervision. All authors read and approved the final manuscript.

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Case Report

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ABSTRACT

Aims: the objective of the present study is to report a clinical case aimed at the diagnosis and treatment of a traumatic fibroma located in the region of the unilateral buccal mucosa based on clinical and histopathological examination.

Case Report: A 43-year-old male patient, melanoderma, attended the Nilton Lins University dental clinic reporting the existence of a large nodule in the cheek region. Based on the clinical appearance of the lesion, the diagnostic hypothesis of traumatic fibroma was established; therefore, the surgical excision of the lesion was determined for subsequent referral to confirm the hypothesis. The removed content was transferred to a container containing a 10% formaldehyde solution and sent to the Department of Pathology and Legal Medicine of the Federal University of Amazonas for histopathological analysis, which disclosed benign epithelial thickening with parakeratosis and underlying connective tissue hyperplasia. Given the characteristics presented in the analyzed histological picture, the definitive diagnosis was reactive fibroepithelial hyperplasia.

Conclusion: Establishing a preliminary diagnosis of the lesion was essential for planning the surgical procedure. The use of the conventional technique for the removal of the reactive fibroepithelial hyperplasia obtained satisfactory results, both for the postoperative recovery and for the infeasibility of recurrence, thus providing satisfactory comfort to the patient.

Keywords: Fibroma; oral surgery; hyperplasia; pathology; oral; preliminary diagnosis; tissue hyperplasia.

1. INTRODUCTION

Fibrous hyperplasias are benign, exophytic tumors of non-infectious origin characterized by proliferation of soft tissue [1]. These lesions have a reactive character, and their development occurs secondary to exposure to harmful habits or continuous chronic irritation [2]. Notable mechanisms of irritation that may give rise to fibrous hyperplasia include injury of the buccal mucosa secondary to biting, prosthetic maladjustments, diastemas, restorations or fractured teeth and trauma caused by orthodontic appliances.³ In addition, psychological disorders such as stress, anxiety and irritability can also favor the development of the lesion [1,2,3].

In their characteristics, these lesions present a nodular aspect of variable sizes with coloration similar to the mucosa [4]. Regarding its base, it can be sessile or pedunculated with a smooth or ulcerated surface [5]. Generally asymptomatic, it presents a firm, smooth consistency with slow gradual growth [6]. This growth may have consequences for speech, chewing and esthetics [1,3].

Because they are common injuries found in the oral region, they have patterns similar to other commonly found injuries [7]. Pyogenic granuloma, mucocele, ranula and papilloma are some pathologies similar in appearance to traumatic fibroma [8]. Histologically, it is identified in sections, highlighting the presence of stratified

squamous epithelial tissue, consisting of abundant collagen fibers, in addition to variable blood vessels and inflammatory infiltrates [9]. The definitive diagnosis can only be obtained from a histopathological analysis [8,9].

Biopsy is the procedure responsible for collecting the pathological content, whether liquid or solid, as a complement to the clinical examination [10]. This technique is divided into: incisional, acting on the partial removal of the lesion, or excisional for the complete removal of the pathological content [7,10]. Thus, the treatment of choice will correspond to surgical removal of the lesion, which may be complete in cases of favorable prognosis with a benign hypothesis, or partial when there is suspicion of malignancy, in addition to the removal of a possible aggressive agent causing the trauma [1,5].

That said, the objective of the present study is to report a clinical case aimed at the diagnosis and treatment of a traumatic fibroma located in the region of the unilateral buccal mucosa based on clinical and histopathological evaluations.

2. CASE REPORT

A 43-year-old male patient, melanoderma, normosistemic, attended the Nilton Lins University dental clinic reporting the existence of a large nodule in the cheek region. After signing the consent form, care continued. During the anamnesis, he reported having a deleterious habit of biting the mucosa to relieve daily stress.

He noted the existence of the lesion since he was young with gradual growth. He also reported being a smoker and denied having chronic diseases or drug allergies.

In the extraoral physical examination, palpation and inspection of the lymph node chain were carried out without any alteration. In the intraoral clinical examination, the following were observed: presence of third molars in the upper arch, accumulation of calcified biofilm, crown staining, unsatisfactory amalgam restorations, root remnants and halitosis. In addition, a nodular lesion measuring approximately 1.5 cm in diameter, pink in color, with smooth surface, fibrous consistency and sessile base was located unilaterally in the jugal mucosa where simple Fordyce granules were also found (Figs. 1A and 1B).

Based on the clinical appearance of the lesion, the diagnostic hypothesis of traumatic fibroma was established; therefore, the surgical excision of the lesion was planned for subsequent referral to confirm the hypothesis. At first, the adaptation of the oral cavity was performed by means of supragingival scaling with Gracey curettes in the upper and lower arches, respectively. Subsequently, a sodium bicarbonate jet was applied to remove the dark spots on the dental surfaces. The patient was released with a

scheduled return to perform the surgical procedure of excisional biopsy.

For the excisional biopsy, intraoral antiseptics were performed with 0.12% chlorhexidine digluconate through mouthwash for 1 minute. Extraorally, topical antiseptics were achieved with 2% chlorhexidine digluconate with subsequent assembly of the operative field. The anesthetic 2% lidocaine salt associated with epinephrine at a concentration of 1:100,000 was administered infiltratively into the mental nerve with a peripheral complement close to the lesion, respecting the distance of 1 cm (Fig. 2A). After the total desired anesthetic effect was achieved, the lesion was clamped and pulled with the aid of an Adson clamp (Fig. 2B). Subsequently, using a #15c scalpel blade, an incision was made around the base of the hyperplastic tissue in order to remove the entire lesion (Figs. 2C, 2D).

Next, the affected region was abundantly irrigated with 0.9% saline and hemostasis was achieved via compression using a sterile gauze pad with subsequent tissue synthesis with a 4-0 nylon suture (Fig. 3a). The removed content was transferred to a container containing a 10% formaldehyde solution and sent to the Department of Pathology and Legal Medicine of the Federal University of Amazonas for histopathological analysis (Fig. 3b).



Fig. 1. a) Intraoral appearance of the lesion; b) Simulation of deleterious oral habits

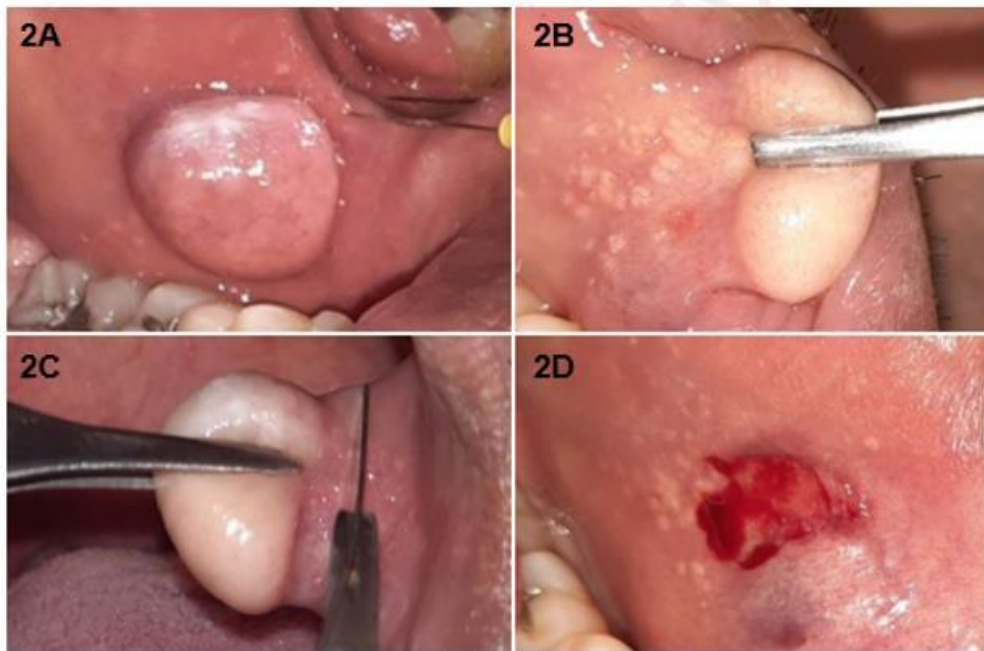


Fig. 2. a) Administration of anesthesia; b) Clamping of the lesion; c) Removal of the traumatic fibroma; d) Aspect of the mucosa after removal



Fig. 3. a) Tissue synthesis; b) Surgical piece



Fig. 4. 6 months postoperative period

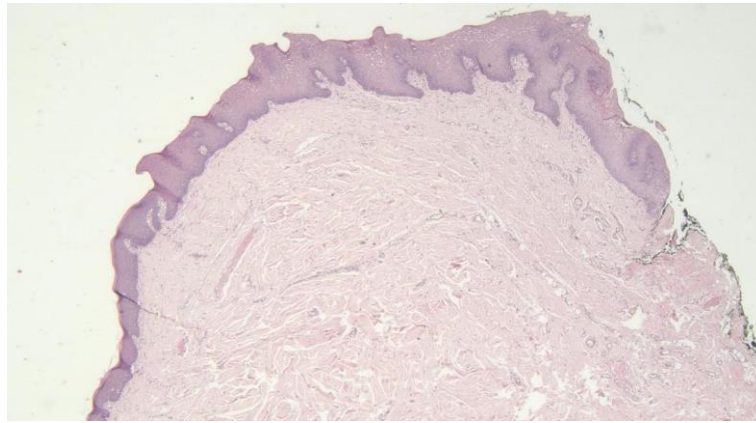


Fig. 5. Hematoxylin and eosin-stained (20x) histological sections of jugal mucosa showing epithelial and connective tissue hyperplasia

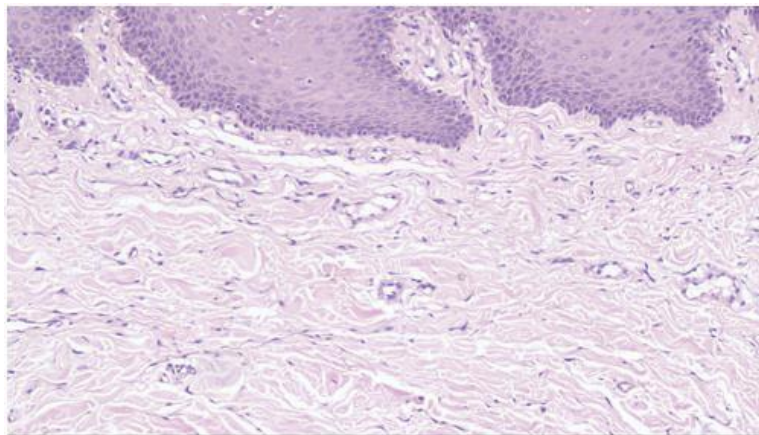


Fig. 6. Epithelial and connective tissue hyperplasia. Showing (100x) dense deposition of mature collagen fibers

For postoperative care, anti-inflammatory medication (nimesulide 100mg) was prescribed, 1 tablet every 12 hours for 3 days and analgesic medication (dipyrone sodium 500mg), 1 tablet every 6 hours for 2 days. The patient was instructed regarding the possibility of relapse if he continued with any deleterious habits. After 7 days, he returned for suture removal, where no edema was observed in the region. In the final clinical aspect after 6 months, it was possible to highlight adequate healing of the affected mucosal tissue, showing effectiveness for the chosen resolution (Fig. 4). The patient remains under follow-up.

The histological sections revealed a lesion characterized by vascular neoformation, fibroblastic proliferation and intense deposition of dense, mature collagen fibers in a mild chronic inflammatory environment. At its extremes, the epithelium lining was thickened with several layers of cells with areas of acanthosis and a

parakeratinized surface. Given the characteristics presented in the analyzed histological picture, the definitive diagnosis was reactive fibroepithelial hyperplasia (Figs. 5 and 6).

3. DISCUSSION

Fibrous hyperplasias are nodular protuberances of non-neoplastic origin resulting from local trauma and irritation, usually found in the buccal mucosa and tongue; however, they can affect adjacent areas with unilateral formation [4]. These traumatic fibrous lesions are consistent with a sessile or pedunculated base, presenting with a smooth, painless, or in some cases, ulcerated surface with symptomatic swelling [3,6]. In clinical practice, when it comes to detecting oral hyperplastic reactions, these pathologies resulting from trauma continue to be one of the main benign reactive disorders with a common character [2].

Regarding the factors that lead to the development of traumatic fibroma, they include irritants such as: fractured teeth, diastema, calculus and residual roots leading to the process of tissue adaptation [11]. Correa et al [5] believe that this damage can also be caused by foreign bodies, which include orthodontic appliances, prosthetic maladaptations or even continuous chewing habits in a certain area. In the reported case, compiling the characteristics of the literature, the patient stated that to relieve stress, he often bit the mucosa, generating the formation of the pathological condition which raised the hypothesis of possible anxiety and direct influence of psychological conditions on the onset of localized hyperplasia.

Reactive lesions have a notoriously predominant prevalence based on the greater involvement of females compared to males; in addition, it is worth mentioning that the main occurrence is between the 2nd and 6th decade of life [12,13].

According to Costa et al [3], the lesion has a predilection for white women of more advanced age, possibly due to the emotional variation factor, which in fact has already been identified in reported cases. In the present clinical case, the patient's demographics contrast with much of the literature, as the patient belonged to the male sex, melanoderma, being a smoker in the 4th decade of life, which indicates the common occurrence in the patient due to habitual intrinsic factors.

Due to the increase in tissue, a thorough evaluation through precise examinations is recommended for a correct diagnosis and, consequently, leading to the most appropriate treatment [14]. The degree of malignancy of these hyperplastic lesions is low, to the point that the literature has little evidence when addressing changes in the clinical/histological characteristics of hyperplastic tissue due to recurrent chronic irritants. However, these lesions may clinically present similarities to other oral lesions depending on the location, necessitating a differential diagnosis, which includes: hemangioma, sarcoma, and carcinoma, as well as lesions with similar patterns such as mucocele, ranula, and pyogenic granuloma [8,13].

Biopsy is the essential method for definitive diagnosis of the preliminary hypothesis. It is with the result of the report that the definitive identification is contested [10,15]. In the aforementioned clinical case, the patient's report

of chronic biting behavior during the anamnesis combined with clinical examination of the lesion suggested the initial hypothesis of traumatic fibroma, which was confirmed after excisional biopsy and histopathological analysis. Specifically, histopathological analysis disclosed the presence of parakeratinized and stratified squamous epithelium, in addition to dense bundles of collagen fibers, inflammatory infiltrates and variable blood vessels [11,13,16].

For cases involving this clinical picture, excisional biopsy followed by postoperative guidelines in order to remove the etiological factor are characterized as the main form of treatment, providing rare recurrences [5,9,17]. There are other forms of clinical resolutions. According to Bakhtiari et al [18] the use of a diode laser for incisions has advantages when compared to the conventional technique, having been associated with less bleeding, less pain and reduced risk of infection, in addition to better coagulation and tissue healing. Meanwhile, Dutra et al., [7] describe the technique of resection by strangulation for injuries of up to 5mm using dental floss and incision at the base of the nodule. This technique does not produce bleeding and offers the advantage of fast execution without need for suture. In the aforementioned case, the conventional removal technique with a 15c scalpel blade was used, not only because of its agility and reliability, but also because of its low cost compared to the other techniques described, disputing the possibility of recurrence with a favorable prognosis. Multiprofessional assistance for the treatment of the psychological aspect of pathogenesis is essential to prevent the recurrence of the lesion, so it is necessary to refer the patient to the psychology team for management of the psychological and emotional factors involved.

4. CONCLUSION

Establishing a preliminary diagnosis of the lesion was essential for planning the surgical procedure. The use of the conventional technique for the removal of the reactive fibroepithelial hyperplasia obtained satisfactory results, both for the postoperative recovery and for the infeasibility of recurrence, thus providing satisfactory comfort to the patient.

CONSENT AND ETHICAL APPROVAL

As per international standards or university standards, Participants' written consent has been

collected and preserved by the author(s). This work was submitted to the Ethics and Research Committee on Human Beings, approved under opinion 5.632.283.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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