

Evidence-Based Periodontology: An Update on the Management of Periodontal Diseases

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Abstract

Background: The objective of Evidence-Based Periodontology is to enable the implementation of a scientific approach in clinical practice, thereby serving as a link between scientific research and clinical application. The purpose of this manuscript is to provide a comprehensive update on the best practices based on scientific studies and systematic reviews on the various treatment modalities in periodontology. It also demonstrates the potential of using an evidence-based approach to inform and improve healthcare practises in the field of periodontology. **Results:** The following conclusions were drawn based on the synthesized evidence from the systematic reviews-Nonsurgical Pocket Therapy (NST) yielded a favourable outcome, with the exception of pockets measuring less than 3mm in depth. There is a scarcity of definitive evidence concerning the effectiveness of adjunctive systemic antimicrobials and local drug administration for non-surgical management of periodontitis, especially in terms of long-term follow-up and the outcomes is predicated upon upon various clinical, operator as well as patient related factors. The efficacy of Open flap debridement for the management of chronic periodontitis has been discovered to be effective in terms of attachment level gain and reduction in gingival inflammation. Guided tissue regeneration has been found to yield more reliable and long-lasting clinical outcomes in comparison to access flap surgery in the treatment of two- or three-wall osseous defects and Class II furcations. Furthermore, the effectiveness of free gingival grafting (FGG) is significant, although it is contingent upon both the judicious selection of cases and the operator's level of expertise. **Conclusion:** Evidence-based periodontology offers cognitive benefits by expanding knowledge, strategic benefits by guiding decision-making, and instrumental benefits by supporting effective diagnostic and treatment approaches. By embracing evidence-based practices, clinicians can elevate the quality of patient care and contribute to advancements in the field.