

Comparative Evaluation of Treatment of Oral Submucous Fibrosis with Intralesional Injections of Dexamethasone and Hyaluronidase with Triamcinolone Acetonide and Hyaluronidase

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Abstract

Background: Oral submucous fibrosis is premalignant condition affecting oral cavity and pharynx. There is no specific treatment is available till date for oral submucous fibrosis. This study was planned to compare treatment of oral submucous fibrosis with intralesional injections of dexamethasone and hyaluronidase with triamcinolone acetonide and hyaluronidase. **Materials & Methods:** The study was carried out on 84 oral submucous fibrosis patients, divided into 2 equal groups of 42 patients each. Group I was given intralesional treatment of dexamethasone and hyaluronidase, while group II was given intralesional treatment of triamcinolone acetonide and hyaluronidase. The efficacy of these treatment regimens were checked by comparing improvement in mouth opening with the help of Vernier caliper and relief of burning mouth sensation was assessed with the help of visual analog scale (VAS), having score ranging from 1 to 10. Scores were recorded, tabulated and compared using statistical analysis done with the help of IBM SPSS statistics version 20 using student's t test. **Results:** Results showed that the improvement in mouth opening and also improvement in the burning sensation was better with the intralesional injections of triamcinolone acetonide and hyaluronidase as compared to that of dexamethasone and hyaluronidase. (Student's t test, $p < 0.001$). **Conclusion:** The results of intralesional injections of triamcinolone acetonide and hyaluronidase were superior as compared with the group receiving dexamethasone and hyaluronidase, which indicates that they should be preferred for treatment of OSMF in this group of population.