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TREATMENT OF CHRONIC RECURRENT APHTHOUS STOMATITIS

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Introduction. A correct diagnostics of recurrent aphthous stomatitis (RAS, sometimes also called recurrent oral ulcers or ulcers) is a central element of dentistry issues. Aphthous ulcers have been carefully defined so that they can be differentiated from many other types of recurrent oral ulcers that are not associated with systemic abnormalities (M.Kh. Ibragimova, 2019). Objectively, the prevalence rate is incredibly high, but if RAS is defined as more than two spontaneously occurring episodes per year, then the average prevalence in the population is about 10%, which seems reasonable. Many studies struggle with definitions and ask if subjects ever had mouth ulcers. Reported estimates range from 1.5 to 28% in different parts of the world according to the WHO, suggesting that there may be genetic differences that account for these geographic differences. Current evidence suggests that RAS may be the result of an abnormal cascade of cytokines in the oral mucosa, which leads to a cell-mediated immune response directed to the focal area of the oral mucosa (Alimova D.M., 2021).

Material and research methods. 30 patients with chronic recurrent aphthous stomatitis of the oral mucosa were examined at the age of 25-80 years at the Department of Hospital Therapeutic Dentistry of the Tashkent State Dental Institute, in 2017-2020. All the patients had RAS treatment using the infrared spectrum of PDT.

Results. Before treatment, all studied patients complained of pain and discomfort in the oral cavity, aggravated by the intake of spicy and acidic foods, 75% complained of a burning sensation of the oral cavity, 35% had hypersalivation. Treatment of patients with PDT led to the complete elimination of complaints already on the 5th day. As PDT was exposed to the erosive surface, the level of pain intensity decreased. The most pronounced decrease in the intensity of pain syndrome was revealed in the first three days from the start of therapy. Their epithelialization rate averaged 3.5 days. Another important criterion for the effectiveness of HRAS treatment is the duration of remission, which was 120 ± 21.3 days with the use of 1 course of PDT, after three courses of application it was 146 ± 32.5 days.

Conclusions. Thus, photodynamic therapy can be considered an important key to improving the treatment of chronic recurrent aphthous stomatitis and indeed increasing the effectiveness of its treatment.