Does the tongue get the attention it deserves?

Author_Dr Darius Moghtader, Germany

[PICTURE: © TOVKACH OLEG]

_Introduction

Removing fibromas and fraena is bread-and-butter work for dental practitioners. Laser dentists are even happy to do it spontaneously during a routine check-up.

Laser cutting causes no bleeding at all. The risk of cells being spread is minimized by immediate sealing of the blood vessels. Laser cutting dramatically reduces the microbial count at the operation site and ensures a clean primary wound. The result of successful laser excision is a cleaner, non-bleeding cut with pain-free healing.

The whole "magic" takes no more than ten minutes and includes explanation to the patient, anaesthesia and signing the cost estimate. Patients are happy to accept the offer because it means they do not have to attend the dental practice a second time. They can resume work the next day without any difficulty and do not have to give up a day's holiday. None of my patients want to take a sick leave any more.

_Case presentation

A new patient came to my surgery for a routine check-up, "just to take a look" as she emphasized. Everything was fine, she said, and she had no complaints or questions beforehand.

Examination revealed a 2 x 2 mm neoplasm on the right margin of the tongue. When asked about it, she told me I was the first dentist to talk to her about it and

Fig. 1_Initial situation.
Fig. 2_Situation after removal.

Fig. 1

Fig. 2

suggest removing it. This thing had been bothering her more and more for twelve months because she worked the "bump" against her tooth and occasionally even bit onto it. She also thought it had grown a little. She claimed to have talked to previous practitioners about it and received either no answer or answers such as "It's not bad, you can leave it". If it bothered her so much, they said, it would be a job for the surgeon and she might have to take a few days off. This is why she did not mention the problem at all.

In short, we decided to remove the neoplasm straight away. It was removed using the pre-set program for fibroma removal with the elexxion claros 810 nm diode laser. Soft laser therapy with the pre-set wound healing program of the elexxion claros was then carried out.

After removal

The results of the diode laser technology of elexxion claros are very clear to see. Because of the patented digital pulse technology with up to 20,000 Hz, there are only minimal or no carbonization of the tissue and its resulting unwanted side effects.

The neoplasm was sent to Pathology as a matter of routine. As well as the usual information, a note regarding the laser excision should be included so that the pathologist is able to interpret the wound margins properly. I send along the photographs as well. The pathologist is very pleased to receive these and regularly asks me whether he can use these photos in his lectures.

Check-up the next day

As expected and predicted, the patient said she had no bleeding, pain or restriction in her work. She told me she was relieved to "finally get rid of this thing".

One week later

The pathology report revealed an irritation fibroma of the tongue. Without laser I would have thought long and hard about its removal. Any dentist who has ever had to contend with a tongue injury is familiar with the heavy, uncontrolled bleeding of the tongue that can happen. Suturing poses a challenge too. It can entirely disrupt the whole practice schedule. Consequently, I would rather use the laser to treat a grateful patient safely, effectively and quickly in my own general dental practice._

_contact laser

Dr Darius Moghtader
In den Weingärten 47
55276 Oppenheim, Germany

dr-moghtader@hotmail.de
oppenheim-zahnarzt.de

Fig. 3

Fig. 4

Fig. 3_Check-up the next day.
Fig. 4_One week later.