

International Conference on

# ORAL HEALTH AND DENTAL MEDICINE

November 29-30, 2018 Bali, Indonesia

## Assessment of gingival biotypes in patients visiting a tertiary care centre in eastern Nepal

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**Background:** Evaluation of gingival biotype has become a routine procedure in periodontal examination because the type of gingival biotype can positively or negatively affect the outcome of periodontal, restorative, orthodontic and implant therapy. The aim of the study was to assess the proportion of types of gingival biotypes in patients visiting a tertiary care center in eastern Nepal.

**Methods:** Two hundred and fifty patients between 25 to 45 years attending the Periodontology and Oral Implantology OPD were assessed. Gingival biotype of the patients was determined with Probe Transparency technique.

**Results:** Out 250 patients assessed, 73 patients (approximately 29.2 %) had thin gingival biotype and remaining 177 patients (approximately 70.8 %) had thick gingival biotype. The number of the male with thin biotype was 31 whereas the number of the male with thick biotype was 82. Similarly, out of 137 female, 42 had thin biotype and remaining 95 female had thick biotype. **Conclusions:** Thicker gingival biotype was the more common type of gingival biotype in patients attending the tertiary care center of Eastern Nepal. The occurrence of thick gingival biotype was more common in Adivasi Janajati ethnic community compared to Brahmin / Chhetri ethnic community.

### Biography

Sajeev Shrestha was born at Balkot, Suryabinayak 2, Bhaktapur, Nepal on 17th July 1983. He completed Bachelor of Dental Surgery from Universal College of Medical Sciences, Bhairahawa, Nepal in the year 2008. He acquired Master of Dental Surgery in Periodontology and Oral Implantology from BP Koirala Institute of Health Sciences, Dharan, Nepal in 2014. He had worked as an assistant professor in the same college from 4<sup>th</sup> September 2014 to 21st May 2018. Since 22nd May 2018, he has been an associate professor in c. He has keen interest in interactive teaching and learning activities. He is enthusiastic to learn latest innovations in the field of Periodontology and Oral Implantology. He would like to serve the community by providing dental health education and developing newer technologies and therapies which would be economic and effective.

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