



Knowledge, Attitude and Practice of Various Impression Techniques available for Flabby Ridge in Edentulous Patients among Dental Interns

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Abstract:

Background: Prosthesis choices on impression techniques for patients associated with flabby ridges may vary from one another. The intern's feedback is evaluated to investigate influence for the choice of impression techniques for flabby ridges. This review article presents various techniques that can be used for making impression in flabby ridge areas especially for edentulous patients.

Aim: To assess knowledge, attitude and practice of various impression techniques available for flabby ridges in edentulous patients among interns.

Material and methods: A self-administered questionnaire consists of 14 questions with 'yes' and 'no' pattern was prepared to obtain information about knowledge, attitude and practice towards various impression techniques for flabby ridges among edentulous patients. A total of 50 intern students major in BDS, ageing from ranged of 23-25 years were chosen as the participants. The responses from all students are collected within 15 days. The questionnaires were distributed manually to them. After collecting data, statistical analysis was done.

Result: In this current study, a total of 50 interns were included in this study (30% female, 20% male), ageing from ranged of 23 to 25 years. Concerning for the confidence in diagnosing case related to flabby ridges patients, 56% of interns were confident enough in diagnosing the case whereas 44% of interns still not confident about it.

Conclusion: To conclude, most of them prefer conventional prosthesis to counteract many problems by the flabby ridges in comparison to surgical procedure or fixed or removable implant retained prosthesis.

Keywords: flabby ridge, techniques, impression, complete denture, retention

INTRODUCTION:

A well fabricated complete denture should possess good quality of support and retention in order to perform its function properly¹. The whole functional denture-bearing region should be recorded during impression process to offer maximum support, retention and stability of the denture². Wearing ill denture for long period of time may lead to bone resorption especially in the anterior maxillary edentulous areas. With the advancing time, it may result in excessive bone resorption and flabby ridges^{3,4}. Based on glossary of prosthodontics terms, flabby ridge can be referred as excessive movable tissue⁵. Flabby ridge may lead to poor stability and support for the complete denture⁶. Proper recording of hypermobile tissues and stable occlusal contacts can help to manage flabby tissues to certain extents⁷. Commonly, the flabby ridges will be 2-4 mm in diameter⁸. The flabby ridge are frequently associated with the frontal part of the ridges and floating tubers maxilla⁹. Pathologically, these flabby ridges consist of mucosal hyperplasia, loosely and more dense collagenised connective tissue¹⁰. Complete denture wearers associated with flabby ridges may need to undergo a number of difficulties such as pain and an ill-fitting denture¹¹. Fabrication of a retentive maxillary denture for patients with fibrous maxillary ridge can be very challenging from a clinical perspective. Ways to overcome this problem are either by surgical removal of the fibrous ridges or modification of impression techniques. Even though

removal of flabby ridges by surgically will leave a firm ridge but it will decrease the stability of the denture. These problems can be managed by using specific impression technique based on patient's condition¹².

MATERIAL AND METHODS:

The study was conducted as a descriptive survey of private dental practitioners in the Chennai city, Tamil Nadu, India. A self-administered questionnaire consists of 14 questions with 'yes' and 'no' pattern was prepared to obtain information about knowledge, attitude and practice towards various impression techniques for flabby ridges among edentulous patients. (Table 1) A total of 50 intern students major in BDS, ageing from ranged of 23-25 years were chosen as the participants. The responses from all students are collected within 15 days. The questionnaires were distributed manually to them. After collecting data, statistical analysis was done.

RESULTS:

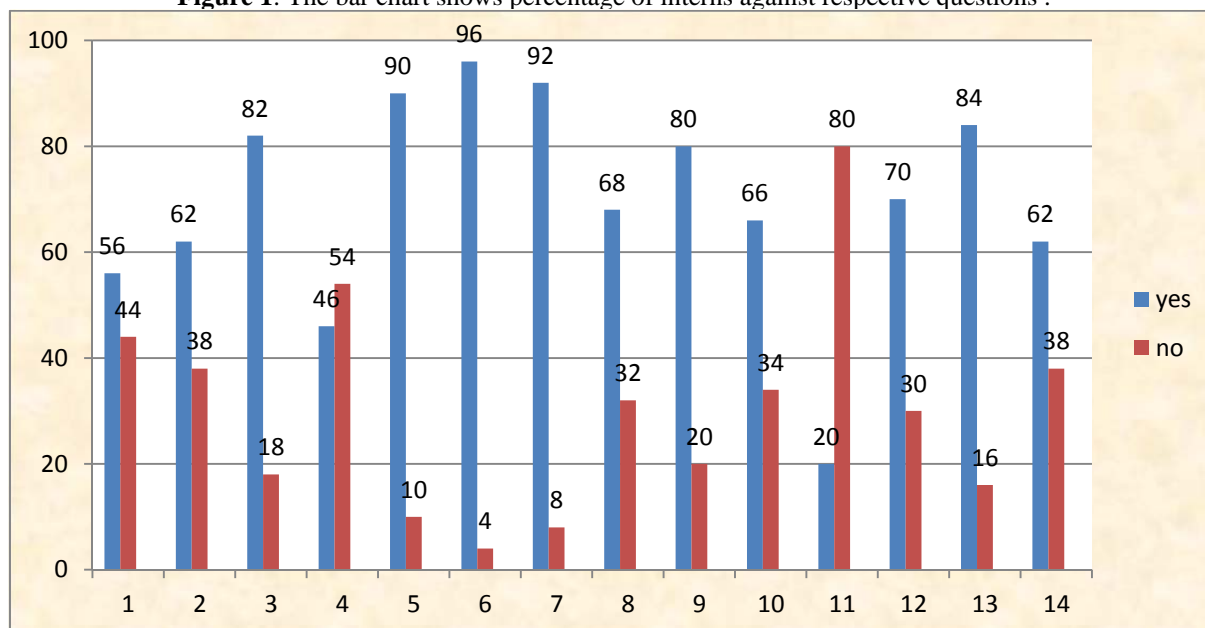
The specific sample study on dental students is a good reflection in terms of knowledge, attitude and practice on various impression techniques for patients with flabby ridges. In this current study, a total of 50 interns were included in this study (30% female, 20% male), ageing from ranged of 23 to 25 years. Concerning for the confidence in diagnosing case related to flabby ridges patients, 56% of interns were confident enough in diagnosing the case whereas 44% of interns still not

confident about it . This is maybe because they were not exposed to many cases like this yet. Knowledge on management options for flabby ridges recorded 62% of interns knew about it while 48% of them still unaware of it. Also, more than half of the interns unaware that removable implant prosthesis can provide more stability and retention in comparison to conventional prosthesis . This shows they had lack of knowledge on this particular question. Then, majority of the interns concern about causes of flabby ridges and aware that window impression technique is one of the techniques used during impression making for flabby ridges patients. On the other hand, about 68% of them agreed that impression plaster is the only material that can be used for window impression technique and 32% of

interns do not agree about it. Based on interns' opinion, 80% of interns think that flabby ridge compromises stability of a denture while the others think on the opposite way. Apart from that, 80% of interns denied that surgical excision is the best option of treatment for patients with flabby ridges. However , 20% of them agreed that it was the best choice in treating the case. Based on the awareness on various impression techniques available , approximately 70% of interns aware of it . Based on this study also, more than half of the interns stated that maxillary anterior region is the commonest site for flabby ridges. This study also revealed that flabby ridge is more common in males compare to female patients (Figure 1).

TABLE 1: The table shows the result of knowledge, attitude and practice of various impression techniques available for flabby ridge in edentulous patients among interns.

	Questions	n = 50 (%)
1.	Are you confident in diagnosing flabby ridges patients? a)Yes b)No	23 (56) 22 (44)
2.	Are you aware of management options for flabby ridges ? a)Yes b)No	31 (62) 16 (38)
3.	Do you acknowledge that fixed or removable implant retained prosthesis is one of the way to manage flabby ridge? a)Yes b)No	41 (82) 9 (18)
4.	Are you aware that fixed or removable implant retained prosthesis will provide more stability and retention in comparison to conventional prosthesis? a)Yes b)No	23 (46) 27(54)
5.	Do you agree that surgical procedure is rarely used in comparison to conventional prosthesis? a)Yes b)No	45 (90) 5 (10)
6.	Are you aware that flabby ridge occured when natural teeth oppose an edentulous ridge? a)Yes b)No	48 (96) 2 (4)
7.	Are you aware that window impression technique can be applied during impression making for flabby ridges? a)Yes b)No	41(92) 4 (8)
8.	Do you agree that impression plaster is the only material that can be used for windows impression technique? a)Yes b)No	34 (68) 16 (32)
9.	Do you think flabby ridge compromises stability of a denture ? a)Yes b)No	40 (80) 10 (20)
10.	Do you agree that flabby ridge is indirect sequelae of wearing complete denture? a)Yes b)No	33 (66) 17(34)
11.	Is surgical excision of flabby ridge is the best line of treatment? a)Yes b)No	10(20) 20(40)
12.	Are you aware of various impression techniques available for recoding of flabby ridge. If yes which one would you opt first? a)Yes b)No	35(70) 15(30)
13.	Do you agree maxillary anterior region is the most common site for flabby ridge? a)Yes b)No	42(84) 8(16)
14.	Flabby ridge is more common in males? a)Yes b)No	31(62) 19(38)

Figure 1: The bar chart shows percentage of interns against respective questions .**DISCUSSION:**

Restoration of functions ,esthetic and maintenance of patient's health are the basic objectives for an ideal complete denture therapy ¹³. Ideal complete denture are required for proper speech, mastication ,esthetics,structural balance and comfort of an individual ¹⁴. Impression making is the most common procedure carried out in complete denture making. Whole functional bearing area should be recorded during impression making .However, presence of flabby ridges in some patients' mouth would rise problems for the prosthesis especially for the one that are still in training in producing a great impression . Different patients will have different level of flabby ridge and the site also will not be in the same manner .Based on this study,it can be stated that maxillary anterior region is the commonest site for flabby ridge. In order to record an impression of this area without displacing the flabby tissue special impression techniques are required. This study was done to assess the knowledges, attitudes and practices of various impression techniques for flabby ridge patients among interns. From the study, it can be seen that most subject were aware of management options available for treating patients with flabby ridges. In my opinion, this is maybe because of increase in technology, media and healthcare awareness conducted by government . Attitude towards application of various impression techniques change in different interns. When being asked about whether surgical procedure is the best line of treatment for flabby ridges, majority denied about that. Yet, there are still some of them agreed that it is the best line of treatment . In terms of practice , most of them prefer conventional prosthesis to counteract many problems by the flabby ridges in comparison to surgical procedure or fixed or removable implant retained prosthesis. In my opinion, although fixed or removable implant prostheses will give more retention, stability and oral function than conventional prosthodontics but it depends on themselves

¹⁵ . The clinical choice of impression based on personal preference is accepted since it is slightly impossible to master all impression techniques available.

CONCLUSION :

Obtaining a highly stable and retentive denture base on a flabby ridge has always been an issue for most of the prosthodontists. Management of flabby ridges especially in edentulous patients by surgical procedure only applicable for some patients. From the view of conventional prosthodontics, there are numerous methods of impression making available which can overcome the problems arise by fibrous tissue during denture fabrication. To conclude, most of them prefer conventional prosthesis to counteract many problems by the flabby ridges in comparison to surgical procedure or fixed or removable implant retained prosthesis. Also, most of them still lack of confident in diagnosing patients with flabby ridges.

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