

Peiqiong Li

Oral Pathology 2021

11/24/2021

Section: Tuesday, Thursday & Saturday Section/evening section

## **Fibroma**

### **Overview**

An oral mucosa reactive localized hyperplasia benign lesion that composed of fibrous tissue and connective tissue due to accumulate irritation or trauma. Fibroma may occur at any oral site, however, most often seen on the buccal mucosa along the occlusion plane. Usually, the same color as the surrounding tissues, sometimes might look white or dark red.

### **Etiology**

Fibroma is a benign, soft tissue overgrowth, reactive tumor, composed of fibrous tissue and connective tissue. Located on the occlusal plane of buccal mucosa, inner side of oral commissures, lateral boarder of the tongue, lower lip, appearing lateral or bilateral, due to irritation or trauma due to patient self-biting or habitual behavior (Witanowski, et al). Normal epithelial tissue covers the outer surface of the fibroma.

### **Clinical presentation:**

Usually appears circular shape less than one centimeter diameter, and no larger than three centimeters with elevated mass. Resembles color of the surrounding

tissue or keratinized due to continuous traumatizing for a period of time. If continuous traumatized, inflammation or ulceration may present. Often found on patient's occlusal plane of buccal mucosa, inner side of oral commissures, lateral boarder of the tongue, lower lip, appearing lateral or bilateral. Predominantly sessile clinical appearance, pedunculated also occurred.

### **Demographic:**

It can be presented on any gender, age, and race. Age ranges from first decade to seventh decade, and more frequently occur during second and third decade. Although it can be found on any gender, female is predominant with 63.9%, male is 36.1% in a total 155 diagnosed cases (Holani, et al), female with 58.9%, male is 41.4% in a total 208 patients of retrospective study group(Witanowski, et al). There is no significant data support that relevance to race.

### **Biopsy/Histology/Radiographs**

Excisional biopsy may perform, when intensive lesions were identified, incisional biopsy will be performed (Witanowski, et al). Histologically, fibrous tissue and collagen connective tissue underneath normal epithelium tissue (Salaria, et al).

### **Differential Diagnosis:**

Clinically, irritated fibroma and peripheral ossifying fibroma look similar in size and shape. However, histologically, periopheral ossigying fibroma contains mature bone ossification and plumb fibroblasts in the connective tissue (Salaria, et al).

### **Treatment:**

The most common treatment for fibroma is surgical removal. Usually the irritated lesions will go away with excisional biopsy was performed (Holani, et al).

### **Prognosis:**

With accurate diagnosis and treatment, recurred fibroma is rare. Without treatment, long term irritation affects the proliferation of normal fibrous tissue and connective tissue (Witanowski, et al).

### **Professional Relevance:**

Based on the histopathological examination, fibroblastic proliferated within the lesion was observed (Hunasgi, et al). The occurrence of the benign tumors are directly related to the irritants. The lesions may cause by underlying systemic diseases, drug induced stimulus, dental plaque, and iatrogenic factors (Witanowski, et al). As a dental hygienist, a thorough medical and dental history assessment is important to associate accurate diagnosis and bring up patients' awareness of the lesions and treatment necessary.

### **Citations:**

1. Anuja Holani, Mayur Chaudhary, Nishat Shah, Sneha Khanapure, Varsha Ajit Sangle, VK Pooja. Reactive Hyperplastic Lesions of the Oral Cavity: A Retrospective Survey Study and Literature Review. Maharashtra India: Indian Journal of Dental Research, 2018. Web, 02/18/2018.
2. Henryk Witanowski, Jerzy Sokalski, Justyna Farynowska, Katarzyna Bochowiak, Marzena Wyganowska-Switkowska. Benign Tumours and Tumour-like Lesions in the

Oral Cavity: a Retrospective Analysis. Poznan, Poland: Termidia, 2019. Web, 10/10/2018.

3. Sanjeev Kumar Salaria, Punnet Kalra, Samyak Gautam Belkhede, and Geyasri Vinnakota. Successful Management of Recurrent Irritational Fibroma and Associated Residual Soft Tissue Defect in the Posterior Teeth through Single-stage Surgery: A Rare Case Report. Rajasthan, India: Pubmed, 2021. Web, 05/03/2021.

4. Santosh Hunasgi, Anila Koneru, M Vanishree, Vardendra Manvikar. Assessment of Reactive Gingival Lesions of Oral Cavity: A Histopathological Study. Karnataka, India: Journal of Oral & Maxillofacial Pathology, 2017. Web, 04/05/2017.