The Adjunctive Role of Vitamin C on Pigment Recurrence (Randomized Clinical and Histological Trial)

NCT06312605

Status	RECRUITING
Phase	Phase 4
Sponsor	Ain Shams University
Enrollment	24 participants

Plain Language Summary

This study is testing whether vitamin C supplements can help prevent the return of dark gum pigmentation after a gum-lightening procedure. Researchers want to see if adding vitamin C to standard care reduces how quickly natural gum darkening comes back.

You may be eligible if...
- You are between 18 and 40 years old (any gender)
- You are generally healthy with no chronic medical conditions
- You have natural dark pigmentation on your gums (upper or lower) rated moderate to severe on a standard scale
- Your gum tissue is relatively thick (1.5 mm or more)

You may NOT be eligible if...
- You are pregnant or breastfeeding
- You are a smoker (cigarettes, cigars, or water pipe)
- You take medications known to affect gum color (such as chloroquine, minocycline, or ketoconazole)
- You already take vitamin C supplements for any reason
- You have a known allergy to vitamin C or its derivatives
- You have been diagnosed with periodontitis (gum disease with deep pockets or bone loss)
- You have poor oral hygiene or ongoing gum inflammation after initial treatment

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (3)

- Both genders aged from 18-40. Systemically free patients from any disease as evidenced by the health questionnaire, using modified Cornell medical index and classified as ASA class I.
- Patients who were diagnosed to have physiological gingival melanin pigmentation on the maxillary or mandibular keratinized gingiva with Dummett oral pigmentation score 2 or more.
- Patients with thick gingival phenotype e 1.5 mm.

Exclusion (4)

- Pregnant or lactating females Smokers (water pipe, cigar or cigarette smoking). Patients taking or have taken any drug that may cause gingival depigmentation as chloroquine, minocycline, zidovudine, chlorpromazine, ketoconazole and bleomycin .
- Any cause for supplemental intake of vitamin C. Reported allergy to ascorbic acid or to any of its derivatives as reported in health questionnaire .
- Clinically diagnosed periodontitis regarding the following criteria probing depth \>3mm, clinical attachment loss e 1mm and bleeding on probing \> 10% .
- Patients with poor oral hygiene, incompliant to treatment and persistence gingival inflammation after phase I periodontal therapy.

Locations (1 total)

Faculty AinShams University, Cairo, Egypt