

Comparative Evaluation of Intralesional Platelet-Rich Plasma and Triamcinolone in the Management of Oral Submucous Fibrosis: A Prospective Randomized Clinical Study

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ABSTRACT:

Background: Oral Submucous Fibrosis (OSMF) is a chronic condition causing reduced mouth opening and poor quality of life. **Aim:** To compare the efficacy of intralesional Platelet-Rich Plasma (PRP) and Triamcinolone in OSMF management. **Materials & Methods:** A randomized, double-blind clinical trial was conducted on 60 patients divided into two groups receiving PRP or Triamcinolone weekly for 6 weeks. Maximum Incisal Distance (MID), Quality of Life (QOL) were assessed over 6 months. Data was analyzed using IBM SPSS Statistics. **Results:** Both groups showed significant improvement ($p < 0.001$), with PRP demonstrating superior outcomes in MID, QOL parameters at all follow-ups. **Conclusion:** PRP is more effective than Triamcinolone and represents a promising therapeutic option for OSMF.

KEY WORDS: Oral Submucous Fibrosis, Platelet- Rich Plasma, Intralesional Therapy, Triamcinolone Acetonide, Mouth Opening, Quality of Life