

TORUS MANDIBULARIS MIMICKING A PAINFUL LESION: A CASE REPORT

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ABSTRACT

Mandibular Tori is a bony over growth mostly detected on the lingual aspect of the mandible which could be solitary or multiple. It is usually asymptomatic and sometimes result in complications include speech disturbance, position of tongue, prosthodontic treatment, poor oral care, and traumatic ulceration and pain. This case report is to present unilateral mandibular tori and its clinical features. Surgical intervention may be necessary in case of hindrance in the prosthetic rehabilitation and in conditions associated with pain and discomfort.

Keywords: Mandibular Tori, a benign outgrowth of bone, Traumatic Ulceration.

INTRODUCTION

Torus mandibularis (TM) is a known benign osseous protuberance, which is most commonly located on lingual surface of the mandible above mylohyoid line. The tori mean “bulge” or “lump” in Latin word which is defined as a benign new bone growth which leads exostoses, mostly observed on the hard palate, called palatal tori or torus mandibularis, upper buccal aspect, called buccal exostoses, and lingual surface of mandible, called mandibular tori or torus mandibularis. It is usually found in the mandibular cuspidpremolar region.⁵ Torus Mandibularis arises in oral cavity and its clinical presentation may appear as unilateral or bilateral.² It is the most common intraoral exostosis found composed of cancellous bone covered by compact bone which may be laminated. Generally speaking, TM begins to grow slowly and gradually. It tends to develop in early adult life and enlarges with the passage of time.³ Osteoma or hyperostosis is a non-pathologic, benign new bony growth. They are developmental anomalies and usually seen in adult and increase in size.⁴ They are asymptomatic, slow-growing, resolve without treatment and painless growth, but sometimes, may grow over several centimeters and create problem in the fabrication and wearing of removable dentures or prosthesis. seen in children under ten years of age. Etiology is unclear but a genetic condition is expected.

Tori which are located in the midline of the hard palate are called a palatal torus, or torus palatinus, and on the lingual aspect of the mandible are called a mandibular torus, or torus mandibularis.⁵

CASE REPORT

A female patient of 65 years old reported to the department of oral medicine and radiology with a chief complaint of pain and discomfort in the lower right back tooth region since 2-3 weeks. The patient had a history of teeth extraction in the maxillary and mandibular right and left back teeth region 6 months back. No relevant medical history was revealed. On clinical examination intraorally, there was nodular growth seen unilaterally crossing the midline extended from the distal of 44 to mesial of 45, measuring approximately 2 X 2 cm in size and mucosa over the nodule is ulcerated and covered with whitish slough (Fig.1 &2). On palpation it was tender and bony hard in consistency, suggested of ulcerated mandibular tori. The patient was explained about the incidental pathological finding. She also revealed the trauma by hard food substance on the same side and reported difficulty in chewing food and even on slight touch. Radiographic examination with mandibular occlusal radiography revealed oval radiopaque areas bilaterally in premolar region (Fig.3). Based on these findings, a provisional diagnosis of suspected bilateral mandibular tori was made. The patient was explained about the nature of tori and

advised Kenacort thrice in a day for 5 days initially and upon 7 days of follow up lesion healed and pain subsided (Fig. 4).



Figure No. 1 Ulcerated tori



Figure 3: Mandibular Occlusal Radiograph



Figure 2: Tori Left Side



Figure 4: Post Treatment, Healed Tori.

DISCUSSION

Tori as bony protuberance or localized bony outgrowth are derived from latin word meaning “to stand out” or “lump”. Tori composed of dense cortical and less amount of bone marrow with a thin and poorly vascularized mucosal covering&are asymptomatic found in second and third decade of life and exhibit slow growth.⁶ Mandibular tori are bony exophytic growth seen on lingual aspect of mandibular canine and premolar area which may extend up to first molar area.⁷They can be unilateral or bilateral (90% of cases).⁸ Palatal tori are more common than mandibular tori. The size of tori varies from few millimeters to few centimeters in diameter with common occurrence in males.⁹ Tori are usually bosselated or multi-lobulated but the exostosis is typically a single, broad-based, smooth surfaced mass with central pointed projection of bone. Tori can be of four types on the basis of shape or appearance.¹ Flat tori are symmetrical bony growths with broad base and smooth surface commonly seen on palate,² Spindle tori have ridge at midline,³ Nodular tori having multiple round to ovoid bony growths with separate base, and⁴ Lobular tori are similar to nodular but all bony growths have common base.^{10,11}

CONCLUSION

Mandibular tori are non-neoplastic and asymptomatic bony growths. Thus, does not usually require any surgical treatment, but only re-assurance with verbal counselling is required unless it becomes symptomatic and interfere with speech and mastication. Torus mandibularis is asymptomatic and usually does not require any surgical treatment, but only reassurance. In some situation these tori may need to be surgically removed when they are causing interference in the fabrication of prosthesis or functions.

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