

MELATONINE AS HOST MODULATING AGENT SUPPORTING NON SURGICAL PERIODONTAL THERAPY IN PATIENTS AFFECTED BY UNTREATED MODERATE TO SEVERE PERIODONTITIS: A PRELIMINARY RANDOMIZED, TRIPLE-BLIND, PLACEBO-CONTROLLED STUDY

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The aim of the current clinical trial was to evaluate if the oral supplementation of melatonin (1mg/die for 30 days) after non-surgical periodontal therapy (NSPT), determined a better periodontal healing than NSPT alone, in patients affected by untreated moderate (stage II) to severe (Stage III) periodontitis.

This is a randomized, triple-blind, placebo-controlled study. Twenty patients who fulfilled inclusion criteria were blindly randomized either to melatonin or placebo group. The melatonin group received NSPT and melatonin capsules 1mg/die for 1 month, while the placebo group received NSPT and placebo capsules for 1months. The patients were evaluated at baseline and 6 months after. Mean change from baseline probing depth (PD) was the primary outcome. Mann-Withney test was used to evaluate statistical significance ($\alpha=.05$).

Melatonin was well tolerated by all patients. Melatonin administration resulted in greater mean PD change at 6 months if compared to control group: p-value 0.00015 when considering teeth with at least one pocket 4-5mm and p-value 0.00025 when considering teeth with at least one pocket ≥ 6 mm

Current study, within its limitations, concluded that oral administration of melatonin (1mg/die for 30 days) after one-stage full mouth NSPT determined a greater change from baseline PD if compared to NSPT alone, in untreated severe to moderate periodontitis. This could provide a non-pharmacological support to improve periodontal healing after NSPT.