

COLLABORATION MATTERS!



WHEN SHOULD A CLINICAL DIETITIAN BE PART OF THE DENTAL TEAM?

Dietary assessment is particularly important for patients who are::

- elderly
- suffering from diabetes or other metabolic disorders
- overweight or obese
- malnourished
- diagnosed with vitamin or mineral deficiencies
- following elimination diets
- suffering from chronic diseases affecting nutritional status or oral health.

TEAM WORK – BEST RESULTS



DENTIST

Assessment of
local conditions

Diagnostics

Treatment

Biofilm and
inflammation
control



DIETITIAN

Dietary
assessment

Identification of
vitamin and
mineral
deficiencies

Nutritional
therapy

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NUTRITION AND THE HEALTH OF TISSUES AROUND DENTAL IMPLANTS



PERI-IMPLANTITIS is a chronic inflammatory condition affecting the tissues surrounding a dental implant. It involves both the gums and the bone supporting the implant. The disease leads to progressive bone loss, which may result in implant instability, implant loss, and, in some cases, adverse effects on overall health.

The scale of the problem is significant – **the condition may affect approximately one-fifth of the patients with dental implants.** The role of diet in the course of peri-implantitis is receiving increasing attention.



The health of the tissues surrounding an implant depends on more than just local factors. The patient's nutritional status, vitamin and mineral deficiencies, metabolic disorders, immune response, and tissue's regenerative capacity also play an important role.

DIET

as a part of comprehensive peri-implantitis prevention

Diet cannot replace daily hygiene or regular check-ups, but it can be a valuable component of comprehensive dental prevention. It may help modulate the body's response and support treatment.

HOW DOES DIET AFFECT THE TISSUES AROUND THE IMPLANT?



↓ GLUCOSE

Proper glucose levels reduce the risk of impaired osseointegration and the development of peri-implantitis.



↓ OXIDATIVE STRESS

A diet rich in antioxidants supports the body's natural defense mechanisms.



↓ CHRONIC INFLAMMATION

Diet quality influences the development, progression, and severity of chronic inflammation.



↑ REGENERATION

Nutrition provides the nutrients needed for proper regeneration of periodontal tissues..



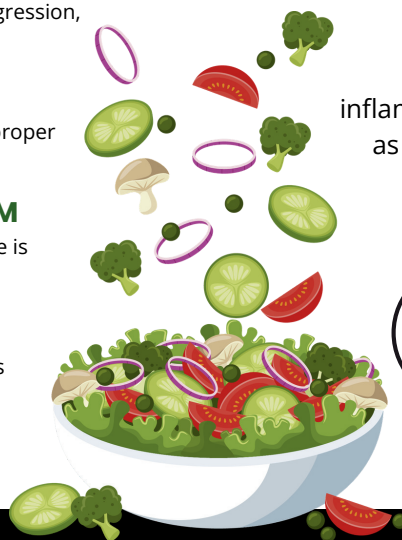
↑ SUPPORTING BONE METABOLISM

Adequate energy, protein, and nutrient intake is essential for maintaining healthy bones.



↑ PROPER IMMUNE RESPONSE

Diet influences immune cell activity and helps regulate the inflammatory response.



5 CHANGES WORTH STARTING WITH

1

in the first few days after surgery, avoid high-sugar foods such as traditional ice cream, candy bars, cookies, and crisps. These foods may promote inflammation and bacterial growth, potentially slowing healing and increasing the risk of infection.

For 7–14 days after implant placement, a soft diet is recommended. Gradually progress from a liquid diet, to a puréed diet, and then to soft foods to avoid irritating the delicate tissues around the surgical site.

2

3

During recovery, it is particularly important to follow a nutrient-dense diet while limiting excess carbohydrates. Meals should be based on protein, healthy fats, and vegetables.

4

Include foods with anti-inflammatory properties, such as turmeric, olive oil, cocoa, berries, and green tea.

5

Proper hydration is essential for the healing process. Aim to drink at least 1.5 liters of water each day.



Peri-implantitis is a multifactorial disease.

Effective care of patients with dental implants requires consideration of their overall health, metabolic status, dietary habits, potential nutritional deficiencies, and ability to maintain good oral hygiene.