

## **Palatal Stent Instructions**

1. Leave the stent in place for a full 24 hours following your procedure. If the stent is removed before this time period, you may have some swelling that occurs making it difficult to fit back in place.
2. Patients should wear the stent for the first two weeks if a Gingival graft was done.
3. If a Connective tissue graft was done (sutures will be present on the roof of the mouth) then the stent should be worn for one week after surgery or longer if you aren't able to keep your tongue away from the area.
4. After the initial 24 hours, you may remove the stent for cleaning purposes. Rinse both your mouth and stent with water then put back into place.
5. Leave the stent in place while eating and drinking as not to disturb the surgical site
6. Removing the stent:
  - a. If you have one that has clasps, use your fingers to gently pull down on those.
  - b. If you have one without clasps, using a toothpick or something with a small point to it, gently push down between the stent and your teeth. This may seem difficult at first, but it will become easier with practice.
  - c. Applying a thin layer of Vaseline to the inside of the stent can help with the comfort and aide in healing.

If you have questions, please contact the office by calling 206-400-0800 or you can email the doctors directly. Dr. Kang at [drkang@pugetsoundperio.com](mailto:drkang@pugetsoundperio.com), Dr. Suzuki at [drsuzuki@pugetsoundperio.com](mailto:drsuzuki@pugetsoundperio.com), Dr. Liu at [drliu@pugetsoundperio.com](mailto:drliu@pugetsoundperio.com), Dr. Cha at [drcha@pugetsoundperio.com](mailto:drcha@pugetsoundperio.com), Dr. Hsu at [drhsu@pugetsoundperio.com](mailto:drhsu@pugetsoundperio.com), Dr. Stern at [drstern@pugetsoundperio.com](mailto:drstern@pugetsoundperio.com) and Dr. Zahedi at [drzahedi@pugetsoundperio.com](mailto:drzahedi@pugetsoundperio.com).