



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. 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.
3. Leave the stent in place while eating and drinking as not to disturb the surgical site.
4. We recommend that you wear the stent for the first 72 hours for comfort. After the third day you do not have to wear the stent unless you want to.
5. 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.

If you have questions, please contact the office by calling (425) 658-0850 or you can email Dr. Hsu at drhsu@kirklandperio.com.