



SURGICAL STENT

A surgical stent is a clear, removable plastic appliance that is placed over your teeth and gums immediately following soft tissue grafting or other periodontal procedures. Its main role is to protect the surgical site during the critical first stages of healing. The stent applies gentle pressure, which helps minimize bleeding and swelling, while also serving as a shield between the delicate surgical area and your cheeks, tongue, and food.

By covering the grafted area, the stent promotes a more comfortable recovery, prevents accidental trauma, and allows the tissue to heal properly. Patients often report less pain and irritation when using the stent compared to healing without one.

During the first 24 hours after surgery, the stent must remain in place at all times. This is essential for clot stabilization. After this period, the stent can be removed briefly for cleaning, but should be worn continuously for the first 72 hours—especially during meals—to prevent disruption of the surgical site.

Beyond the first 72 hours, the stent becomes optional. Some patients choose to continue wearing it for comfort, especially if eating feels more manageable with the stent in place. Others may choose to use it only as needed. Ultimately, its purpose is to enhance comfort, protect healing tissues, and aid in recovery.

Because the stent is made of clear plastic, use a non-scented dish or hand soap to clean. Hot water, abrasive toothpaste, or harsh chemicals should never be used to clean it, as these can damage or warp the material.

The surgical stent is a temporary healing aid, but during the time it is used, it plays a vital role in ensuring the success of your graft. Proper use and care of your stent can significantly improve your healing experience and the long-term results of your periodontal treatment.



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What to expect:

- Clear, removable appliance placed after gum graft surgery.
- Protects and stabilizes surgical site during initial healing.
- Helps minimize bleeding and irritation.
- May feel snug or slightly tight at first.
- Temporary use — primarily during the first few days of recovery.

Post op instructions:

- Do not remove the stent for the first 24 hours after surgery.
- After 24 hours, carefully remove the stent to clean it with mild soap and lukewarm water.
- Days 1-3: Wear the stent continuously, including while eating; remove and clean with soap and water after meals.
- After 3 days: Wearing the stent is optional, but you may continue to wear it for comfort or protection as desired.
- Do not use hot water or toothpaste to clean the stent, as this may damage the plastic.
- Always store in its protective case when not in use.
- Call your provider if the stent feels loose, causes irritation, or breaks.