

A palatal covering (or what we may call a “stent” has been provided for you to improve your comfort following your surgical procedure.

It is recommended that you keep the palatal covering in for a full 24-hours. This will help protect and stabilize the blood clot on the roof of your mouth. It is normal to experience a small amount of bleeding inside the covering and coming from underneath the covering. **Should you have a large amount of bleeding, remove the palatal covering and apply pressure with moistened gauze to the donor site for at least 10 minutes.** If this does not help, apply a moistened black tea bag to the donor site. When the bleeding stops, rinse the palatal covering off and apply a thin layer of Vaseline to the inside of the covering before re-inserting.

After the first 24 hrs, you will wear the palatal covering as comfort allows. Typically, patients will wear the palatal covering when eating and especially at night for the first 4-5 days. Avoid wearing the palatal covering continually during the week after surgery, as the palate will get sore if worn the entire time. Take the palatal covering out several times a day to allow the tissue on the palate to “breathe”.

Each time you remove the palatal covering, brush the covering and rinse it off. You may apply Peridex to the graft donor site with a Q-tip if it makes the area feel better. Apply a thin layer of Vaseline to the inside of the covering before re-inserting.

Be cautious about eating any foods that may stain the covering (ex. spaghetti sauce, salsa, tomato juice, etc.) Should this happen, you may contact our office to have us make you another covering.

Protect more than your Dental Health • ***Protect your Total Health!***