

Cleft and Craniofacial Center University of Rochester, Golisano Children's Hospital

Alveolar Bone Graft

Postoperative Patient Instructions

General

- ¾ For a week or two after surgery, your child may need extra attention and understanding. Don't worry about "spoiling" your child during this time. It is OK to respond to your child's need for extra holding and comforting.
- ¾ After surgery, your child will be sleepy for several hours. Your child will have an IV in place for giving fluids and pain medicines. The lip and nose will be swollen. You may see a little bloody drainage around the lips and nose. You may see absorbable stitches on the inside of the upper lip.

Feeding

- ¾ Your child's gum line is repaired with absorbable sutures, but the repair is delicate for several months after surgery.
 - Do not allow your child to put anything hard in the mouth for 6 weeks. This could damage the stitches.
- ¾ Day of surgery and 1 day after: clear liquids. Examples include water, apple juice, jello, popsicles (taken off the stick), or clear broth.
- ¾ Days 2

Pain

- ¾ Your child may have some mild discomfort at home. Give acetaminophen (Tylenol®), as directed by your child's doctor, or ibuprofen. Both are used to relieve mild to moderate pain and to reduce fever. It is important to take acetaminophen and ibuprofen exactly as directed by your doctor. Follow the directions on the package and ask your doctor or pharmacist to explain any part you do not understand. Do not take more or less of it than prescribed by your doctor. Do not take it any more often than prescribed by your doctor.
- ¾ If your child has more than mild discomfort, the doctor may prescribe medicine to help ease the pain. Give pain medicine as prescribed and instructed by your doctor and nurse.
- ¾ Try to schedule a dose of pain medicine around bedtime, especially for the first few days at home. This will help your child sleep better.

Constipation

- ¾ Keep track of your child's bowel habits. He or she should return to previous bowel habits. If not, he or she may be constipated.

Call your child's pediatrician or the Plastic Surgery team if you think your child is constipated.

Skin and Wound Care

- ¾ The incision in the mouth is closed with absorbable sutures that will fall out over the next month or so. Your child may have a removable dental splint over the repair as well. The splint should be worn at all times, especially while eating. Rinse the mouth with warm water after meals. Clean the splint twice daily as recommended by your Orthodontist.
- ¾ You should ask your child to rinse their mouth out with water after each meal to clean the area of food debris. Your child will also have a medicated mouthwash to use for 7 days after surgery 3 times a day.
- ¾ No tooth brushing for one week after surgery. During this time you will count on good rinsing to keep the mouth clean. After a week it is OK to gently brush the teeth with a soft bristled toothbrush. Either the parent should brush or the child should brush under direct supervision.