



ALVEOLAR BONE GRAFT REPAIR POST-OPERATIVE PATIENT INSTRUCTIONS

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Feeding

Your child's mouth and hip are repaired with dissolving stitches but the repair is delicate for several months after surgery. In order for the repair to heal well, avoid any hard foods.

- **Do not allow your child to put anything hard in the mouth. This could damage the stitches.**
- Give your child **only liquids** for the first 10 days, using a cup or spoon.
- Your child's diet after surgery will progress as follows:
 - **Day of surgery and Day 1 after surgery: clear liquids.** Some examples are apple juice, water, Jell-o, cranberry juice, popsicles (taken off the stick), or clear broth.
 - **Days 2-9: thick liquids.** Some examples are formula, milk, yogurt, thin cooked cereals, puddings, ice cream, creamed soups, thinned pureed foods,
 - **Day 10 to 6 weeks: soft foods.** Some examples are mashed potatoes, cereal soaked in milk, cooked vegetables, finely ground meats, pasta, bananas, or canned fruits.
- Rinse the mouth with Peridex rinse or saline, at least 4 times a day, and after any oral intake.
- Do not feed your child hard foods, such as toast, potato chips, bread sticks, pretzels, or hard candy. Hard foods could damage the repair.

Wound Care

- Your child's mouth and hip have been sutured with absorbable stitches.
- Your child may have a plastic splint wired to the teeth if he/she had a bilateral (both sides) bone graft. This is typically removed 6 weeks after the bone graft.
- Oral hygiene is important. In the first week after surgery, rinse his/her mouth 4 times a day and after any oral intake. Starting one week after surgery, teeth can be gently brushed with a soft toothbrush, making sure to avoid the suture lines.
- The outer dressing on your child's hip can be removed 2 days after the surgery. Beneath this are small Steri strips, which can get wet in a shower (not a bath) and be patted dry. They will fall off on their own.

Activity

- Your child may be uncomfortable walking for several days after surgery. He/she should be encouraged to at least get out of bed several times a day. This discomfort should improve significantly within the first week of surgery.
- Typically, children are able to return to school a week or so after surgery.

Pain Control

- If your child has more than mild discomfort, the doctor may prescribe additional

medicine to help ease the pain. Give pain medicine as prescribed and instructed by your doctor.

- Try to schedule a dose of pain medicine around bedtime, especially for the first few days at home. This may help your child sleep better.
- Keep track of your child's bowel habits. He or she should return to usual bowel habits after surgery. If your child does not have a bowel movement every day, he or she may be constipated.
- Prune juice or over-the-counter laxatives may be helpful. Call your child's doctor or nurse if you think your child is constipated.

Emotional Recovery

- After a bone graft your child may be tired or irritable. Healing for each child is different.
- It is important for your child to rest. In time your child will return to his/her usual activities.

Follow-up

- Your child will need to return for a follow up visit in 1-2 weeks. Call your child's surgeon at 401-444-2299 to schedule a follow up appointment.
- Your child's orthodontist will also want to see him/her, please call their office to arrange an appointment a few weeks following surgery.
- Your child will have a second follow-up appointment 6-8 weeks after surgery with the surgeon, and will have the splint removed at that time if not already done by the orthodontist.

When to Call Your Child's Doctor

Call your child's doctor if your child:

- has a fever over 101.5°F degrees;
- has bleeding from the mouth;
- has foul smelling odor or drainage;
- has pain that doesn't go away after giving medicine for pain; or
- vomits or is not drinking liquids.