

## Play and Activities

Most children return to their routine very soon after their operation. Your child can return to school 2 weeks after their operation.

Your child should avoid playing contact sports for 6 weeks after their surgery. This will allow your child's mouth and hip graft area time to heal.

Please follow the advice given by your child's surgeon or Cleft Team.



## Follow Up Appointments

Your child's operation is one of a number of operations to help your child's appearance and teeth.

It is important that your child continues to be reviewed by the Cleft Team. This will allow the team to pick up any problems that may develop and to plan further operations. Please ensure that your child attends all their appointments.

If you are unable to attend your child's appointment please contact the Cleft and Craniofacial office to reschedule.

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Cleft Nurse Specialist.  
Office 01 8921797 Bleep 116

Helen Tuffy  
Cleft Clinical Coordinator  
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01 878 4200

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## Important to Remember

Next Cleft Clinic Appointment

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The information in this leaflet is correct at time of print



# Alveolar Bone Graft

## Advice for Patients, Parents and Carers

## Cleft Team

Main Hospital Number  
01 878 4200

## Going Home

Now that your child is going home after their operation (Alveolar Bone Graft) you may find this information leaflet helpful.

If you have any urgent concerns about your child when you go home please contact the Plastic Surgery Registrar by ringing our switchboard on 01 8784200.

For routine questions regarding your child's operation please contact the Cleft Clinical Coordinator through the hospital telephone number 01 878 4200 Monday -Friday 8am - 4pm.



## Food

Your child should eat soft food for 2 weeks after their operation. Continue with a well balanced diet and avoid sugary foods which may cause tooth decay. You will be provided with a written diet sheet with instructions on what foods to avoid until your child is reviewed at their clinic appointment. A drink of water or milk should be given each time they eat.

## Painkillers and Antibiotics

Painkillers such as ibuprofen (Nurofen) or paracetamol (Calpol) are suitable to use when you go home. Antibiotics may be prescribed for your child to be taken at home and it is important that the full course is taken.

## Mouth Hygiene

Your child has a wound along the top of his/ her gum with dissolvable stitches. The stitches will dissolve in two weeks.



During this time it is very important for your child to keep their mouth clean to stop the build up of food debris.

A glass of water after each meal and brushing their teeth correctly twice a day is important. A downward brushing motion is best. The grafted area can be gently brushed with a soft tooth brush after 3 days. Some light bleeding is to be expected, this is no cause for concern.

The use of a mouth wash is advised after meals and tooth brushing for two weeks. **Poor oral** hygiene may cause an infection which will cause the bone graft to fail.

**Antibiotics are not a substitute for good oral hygiene.**

## Hip Wound

There are dissolvable stitches in your child's hip wound. This wound should be kept clean and dry for 7-10 days.

Two weeks after surgery Vitamin E cream can be massaged into the hip wound to help reduce scarring.

Over a short period of time your child's body will replace the missing bone from their hip; there will be no long term hip weakness.



## Sleep

Your child's face will be swollen after their operation, especially in the morning when they wake up. Using an extra pillow at night can help.