

Alveolar Bone Grafts

WHAT ARE THE INDICATIONS FOR AN ALVEOLAR BONE GRAFT?

The following are the most common indications for a bone graft:
Closure of oral/nasal fistulas (openings between mouth and nose)
Bone support for unerupted and erupted teeth next to the cleft
Continuity of the gum ridge
Support at the base of the nose
Improved appearance of the gum ridge and teeth

WHERE IS THE BONE GRAFT TAKEN FROM?

The bone graft is generally taken from the hip. This bone is highly cellular, making it resistant to infection and optimal for rapid healing.

WHAT IS THE BEST AGE TO HAVE THE PROCEDURE?

The bone graft is usually done between 9-11 years of age. The ideal timing for the bone graft depends on the position of the teeth and their stage of development. The final decision regarding the timing of intervention is based on combined plastic surgery and orthodontic consultation.

HOW LONG IS SURGERY & THE HOSPITAL STAY?

The operation usually takes 1-2 hours and the hospital stay for most patients is typically 1 day.

PAIN MANAGEMENT

Most patients report mild to moderate pain with the procedure. Pain medication is given through an intravenous line and/or by mouth. For safety, the medication dose is based on the patient's weight. A prescription for the appropriate oral dose and type of medication will be provided at the time of discharge.

DIET

For protection of the surgical repair, **ONLY** clear liquids should be offered for the first 24 hours after the procedure. After 24 hours, **ONLY** a soft diet should be offered for **SIX WEEKS**.

RECOMMENDED FOODS: soup, yogurt, pudding, jello, ice cream, scrambled eggs, or foods mashed with a fork or pureed in a blender.

WOUND CARE

Rinses with warm saline or medicated mouthwash 3 to 4 times a day will clean the sutured area and soothe the gum. Oral rinses should be encouraged following every meal or snacks for one week after surgery. The sutures typically dissolve in 3-4 weeks. Your child may begin brushing their lower teeth immediately after surgery. Five days after surgery they may resume brushing their upper teeth with a soft tooth brush.

ACTIVITY

NO CONTACT SPORTS FOR 6 WEEKS. Except for contact sports, your child may resume normal activities after surgery. A gradual increase in activity level is expected and can be encouraged.

FOLLOW-UP VISITS

Your child should return to clinic for a routine follow up visit 3 weeks after surgery. Please call 410-955-9475 to schedule a postoperative appointment on a Monday.

CONCERNS/CONTACT NUMBERS

During office hours, call 410-955-9475 for Dr. Richard Redett if; persistent fever (greater than 101 degrees), excessive drainage or bleeding, difficulty breathing, difficulty eating or food refusal, excessive crying, irritability or complaints of pain. Kim Seifert, R.N. and Candie Marchand-Evans, PA-C are typically available to review your questions or concerns. After office hours, call 410-955-6070 and ask for the resident on call for plastic surgery to be paged. In the event of an emergency, call 911.