



Alveolar Bone Graft Post-Operative Instructions

Diet:

- Once discharged from the hospital, please follow a clear liquid diet for 24 hours after surgery.
- After 24 hours, please have your child follow a soft solid diet for 4 weeks. This consists of foods that require less chewing than a regular diet. Foods may be cooked, chopped, ground, mashed, or pureed. Examples may include: yogurt, pudding, Jell-O, ice cream, soft cheeses, cooked vegetables, soft fruits, mashed potatoes, soft bread, rice, pasta, soups, eggs, and soft protein sources.
- Avoid foods that require more than minor chewing, including tough meats, nuts and seeds, bread with thick crunchy crust, raw or dried fruits and vegetables. Anything that needs to be chewed should be placed between the back molars to avoid trauma to the oral incisions.
- **Do NOT bite into any food with the front teeth for 4 weeks.**
- Avoid straws or sharp utensils for 4 weeks.

Pain Control:

- Mild to moderate pain is expected with this procedure. By the time your child is ready to leave the hospital, his/her pain should be fairly well controlled and the swelling should be starting to decrease each day
- You should use liquid Tylenol or ibuprofen (Motrin) for pain relief as needed. Each medication may be given every 6 hours as needed, however the times may be staggered. For example, Tylenol may be given at 12:00 and 6:00, and ibuprofen at 3:00 in between.
- If prescribed stronger pain medications, these should only be used for pain that is unresponsive to Tylenol/Motrin. Stronger pain medications can cause stomach upset, and should be taken with food to prevent nausea.

Activity & Restrictions:

- You may resume brushing the bottom teeth the day after surgery.
- Hold off on brushing the upper teeth for 5-7 days after surgery, as specifically directed by your surgeon. Then resume normal, gentle oral hygiene with a soft brush.
- If prescribed Peridex mouth rinse, you should rinse the mouth with it as directed (after meals and at bedtime for a total of 4 times per day). The mouth rinse should be used for a total of 2 weeks after surgery and then stopped. A WaterPik may also be purchased and used to clean the mouth. Peridex rinse may be placed into the chamber of the WaterPik as well. Resume normal activity as you are able to tolerate.
- **NO rough play or contact sports for 6 weeks.**
- No swimming until cleared by your surgeon.

Wound Care:

- The surgical glue and/or steri strip on the hip should be allowed to fall off on its own. Please keep the area dry for the first 48 hours after surgery. It is ok to then get wet after this time.
- All of the sutures used inside the mouth are dissolvable and will remain for approximately 3-4 weeks.
- Oral hygiene is extremely important for optimal surgical outcome. Swish and spit with chlorhexidine mouthwash solution (Peridex) for at least 30 seconds after every meal or snack. Do not swallow the mouthwash solution. You should also use the Peridex before bed.
- There may be a small amount of bleeding from the mouth for the first 24-36 hours after surgery. Do not worry, as this is very normal after oral surgery.
- Please take antibiotics exactly as directed.

Scar Care:

- After surgery, full scar maturation of the hip incision can take up to 12+ months. Over time, you will notice changes in the color and texture of the scar to be more like the surrounding tissue.
- Once healed, your surgeon will talk to you about scar optimization. This may feature techniques like scar massage, deliberate sun protection, and even topical products like moisturizer or silicone scar gel.

Call Your Doctor:

- If you have any of the following signs and symptoms, please call your doctor:
 - Temperature greater than 101 degrees Fahrenheit
 - Redness, warmth, swelling, or rapidly changing shape of the surgical area.
 - Pus and/or drainage from the incision.
 - Severe pain not relieved by pain medications.
 - Severe persistent nausea and vomiting.
 - Dehydration or poor oral intake.

If you have any questions or concerns during regular business hours between 8:00 am and 5:00 pm, please call **443-997-9466** to reach the Plastic & Reconstructive Surgery Office or contact Kim Seifert, RN, cleft clinic nurse coordinator at kseifert@jhmi.edu. If you have questions or concerns after regular business hours, please call **410-955-5000** and ask for the Plastic Surgery resident on call to be paged. The resident can always get in touch with your surgeon.

For any life-threatening symptoms such as shortness of breath, difficulty breathing, dizziness or fainting, or mental status changes, call 9-1-1 or go to your nearest Emergency Department immediately.

