

Cleft Lip and Palate Unit

## Information following an Alveolar Bone Graft

Discharge information for Parents & Carers

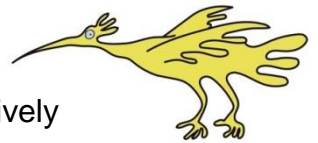
### What to do when your child goes home

#### Teeth

Your child will be given a mouthwash to use at home for the first ten days. Use this as directed as it is important to keep the surgery area clean. Your child should be encouraged to clean their teeth as normal taking care with gentle brushing around the surgery area for the first two weeks. After two weeks your child should be able to return to more vigorous brushing.

#### Braces

If your child has an orthodontic brace and there are difficulties post operatively please contact their orthodontist in the usual way.



#### Diet

Give your child a soft diet (not sloppy or liquidised) for two weeks following surgery. Most soft foods may be given as long as your child does not bite directly on the surgical area.

A drink of water should be given after each meal. This will help to keep the mouth clean.

Your child's mouth and face will still be a little swollen but this should settle down over the next week or two.

#### Pain Relief

If your child has any discomfort you may give them the prescribed pain killers. Follow the instructions on the bottle carefully and do not exceed the prescribed dose.

#### Hip

The dressing on your child's hip should have been changed prior to discharge. There should be no further significant blood-stained discharge on the dressing. If this occurs please contact Ward 3A. Your child may remove the dressing one week after their surgery by soaking it in the bath.

Your child's hip may cause some mild discomfort for a few days but they should try to mobilise as normal.

It is advised that your child does not participate in sports for 4-6 weeks to allow the hip bone to stabilise.

#### School

Your child may return to school after one week as long as a soft diet can still be given at meal and snack times and your child can mobilise safely.

