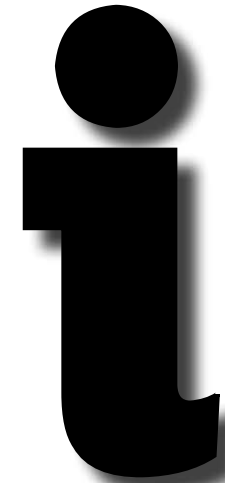




Discharge information for parents/carers of child after unilateral and bilateral alveolar bone graft operation (page 1 of 2)

1. To prevent damage to the surgical wound your child should continue with liquidised or very soft diet until the doctor advises otherwise.
2. Avoid food that has sharp edges, like crusty bread, chips, crisps, biscuits, apples as this can damage the wound.
3. It is important to keep the mouth clean after the operation to help the bone graft heal and prevent infection. It can be difficult to clean the mouth, so here are some things you can do:-
 - for 3 weeks, get your child to rinse his/her mouth with water/ sparkling water after eating or drinking
 - rinse mouth with Corsodyl mouth (the non alcoholic version of this is recommended) wash as instructed. It is a good idea to try the Corsodyl at home prior to surgery to find a flavour your child likes
 - your child can start brushing their teeth the day after the operation with normal tooth paste. Use the Collis curve tooth brush for bottom and upper back teeth (this brush is really useful when it is difficult to open the mouth) and a small soft baby tooth brush for the upper front teeth. Encourage them to take time to do this so that the teeth are cleaned well.
 - brush twice a day, but if you find he/she is very tired at bed time, then brush ½ an hour after last meal of the day and only drink water after brushing. You can rinse with Corsodyl ½ an hour after brushing teeth
 - as soon as your child's mouth is comfortable and the stitches have dissolved normal brushing can resume, or they can use Collis Curve for all teeth.
4. The stitches in the mouth are dissolvable and disappear by 3 weeks.
5. It is very important that your child takes the antibiotic medicine as prescribed as this prevents any infection attacking the new bone in the gum.
6. Taking the painkilling medicine will help to keep the mouth and hip



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Discharge information for parents/carers of child after unilateral and bilateral alveolar bone graft operation (2 of 2)



comfortable. Please read the instruction leaflet enclosed with the medicine/tablets as this contains information about any side effects.

7. A waterproof dressing will be put over the stitch in the hip. The dressing can be removed 2 weeks after the surgery. The dressing allows showering but not bathing.
8. Your child must stay off school for 2 weeks.
9. To prevent injury to the mouth or hip your child should not play contact sports, such as football, rugby or judo for eight weeks after the operation. They can start swimming 3 weeks after the operation.

Record of medicines to take home:

Name of Medicine				
Strength of Medicine				
Dose of medicine				
How often?	Every hours	Every hours	Every hours	Every hours
Date and time of last dose, before leaving hospital
When is the next dose due?				
Special directions (e.g. before or after food)				

Form completed by:

Date:

An appointment for the Cleft Clinic will be sent to you for 6 to 8 weeks after surgery.

Other instructions:

Contact telephone numbers if you have any questions/worries about your child’s mouth or hip are:

Maureen Warren
Sarum Ward

☎ 0771 780 5721
☎ 01722 336262 ext. 2560/2561