



Alveolar Bone Graft (ABG)



Cleft team
01722 345521 ext 3521

Sarum ward
01722 336262 ext 2561 or 2560

www.salisbury.nhs.uk

www.spirescentre.co.uk

information

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If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 email: 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.

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.

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Alveolar Bone Graft (ABG)



- **Alveolar** is just another word for gum
- **Bone** will go into your gum
- **Graft** is the name used when something is taken from one bit of the body and put into another. A piece of bone from your hip will be put into your gum.

When can I go home?

You can go home when you are eating and drinking enough and moving about. This can vary from 1- 3 nights after your operation depending on how you feel.

What about school and sports?

You can go back to school 4 - 6 weeks after your operation. You can be quite active, but avoid physical or contact sports such as rugby, football or gymnastics for about 6 weeks.

Will I have to come back to the hospital?

A review appointment will be arranged after your operation. This is so the **surgeon** can check that your gum and hip have healed.

If we have any questions or worries what should we do?

- You can telephone the cleft team on:

01722 345521 ext. 3521

Cleft Nurse Specialist on 07717805721

- You can telephone Sarum ward on:

01722 336262 ext. 2561 / 2560

- You can talk to any member of the team in clinic
- You can talk to your family doctor.

Will it hurt? What will it feel like?

You will be given medicine to help stop your mouth and hip from feeling sore. If it does hurt, tell a nurse who will be able to help. Sometimes people feel sick; if you do, tell your nurse who will give you some medicine to make you feel better. Your hip may feel sore when you first walk but this will get better.

It is very important to take all your medicine regularly, as this will help you to get better quickly.

When can I eat and drink?

You can usually have a drink straight after your operation as long as you feel OK. When you feel well enough, you will be able to eat soft foods. After eating you must rinse your mouth out to keep it clean.

What kind of foods can I eat?

You should only eat soft food for 2 weeks after your operation to help healing. Avoid hard foods such as toast, crisps and biscuits. What are your favourite soft foods? Let your parents or carers know what you like.

Can I brush my teeth?

You should brush your teeth gently using a soft toothbrush and adult toothpaste to clean the teeth, including the teeth next to the stitches. You will be given a special mouthwash to help to keep your mouth clean. The stitches in your mouth will slowly dissolve over the next few weeks.

Why do I need to have an ABG?

Your gum holds your teeth in the right place. Some children born with a cleft lip have a gap in the gum. This means the teeth may become loose. An alveolar bone graft (ABG) helps keep the teeth in the right place. An ABG is where a small piece of bone that is taken from your hip is put inside your gum to make it stronger.

When will I have my operation?

Usually from the age of 8 years onwards depending on how your adult teeth are growing. The best time will be decided by the **surgeon** and the **orthodontist**. **The surgeon is the person who does your operation. The orthodontist is the person who changes the position of the teeth using braces.**

What happens before the ABG?

For some children the gap in the gum has to be made bigger to make room for the bone. The **orthodontist** will use different kinds of braces to gently open the gap. It can take several months to get the gap big enough. The braces can trap food and sometimes make it more difficult to clean your teeth properly. It is important to keep your teeth really clean using a small toothbrush with adult toothpaste. You should avoid sticky foods.

Where will I have my operation?

You will have your operation at Salisbury District Hospital. You will stay on Sarum Ward.

Can someone stay with me?

Yes. One of your parents or carers will be able to stay next to your bed.

What should I bring with me?

You will need to bring your clothes including pyjamas, a washbag, a soft toothbrush and maybe one or two of your favourite toys, books or magazines.

Why can't I have anything to eat or drink before my operation?

It is important to have an empty tummy before your operation, otherwise you might be sick. One of the nurses will let you know when you can have your last food and drink.

What happens on the day of the operation?

An **anaesthetist** will visit you. **Anaesthetists are doctors who give medicine to make you sleep during your operation.** This is a special type of sleep, you won't feel anything or wake up until the operation is over.

Can someone come to the anesthetic room with me?

The anaesthetic room is where you will have the medicine to make you drift off to your special sleep. One of your parents will be with you when you go to sleep. You can tell the doctor what sort of things you want to dream about.

What is it like going to sleep for an operation?

It won't take long for the medicine to make you feel sleepy. By the time you have told the **anaesthetist** what you want to dream about, you will have fallen asleep.

What happens when I have the operation?

During the operation the surgeon will take a small amount of bone from the hip and use this to fill the gap in the gum. The gum is carefully stitched over the bone graft to help it heal. These stitches dissolve on their own.

How long will I be asleep?

You will be asleep until your operation is finished. This is different for everyone but usually takes around two hours. When the operation is finished you will wake up in the recovery room. You will probably still feel very sleepy and most people don't even remember this bit. Your parents or carers will be there when you are waking up.

What will I look like?

Your face may be a little swollen. You will have a small dressing on your hip. There may be some orange colouring on your hip and leg which was used to make the skin extra clean. You will have some stitches in your mouth and on your hip. They will dissolve so you don't need to have them taken out.