



Alveolar Bone Graft

Parent/Caregiver Information



What to expect during your hospital stay

A nurse will admit you to the ward and get you ready for theatre. You will also be seen by an Anaesthetist who will put you to sleep and by the doctor who will do your operation.

You will go up to theatre. Your parents/carers can go with you and one parents/carer can stay with you until you are put to sleep. There is a waiting room outside of the theatre area where your parents/carers can wait. The surgeon may wish to speak to you after the operation.

Recovery Room

When you wake up, the nurse in the Recovery Room will get your parents/carers. They can stay with you in the Recovery Room until you go up to the ward.

Back on the Ward

The nurses will watch you closely when you get back to the ward. You may be sick and this may look brown. This is old blood that you may have swallowed during your operation. This is normal. Once you are fully awake and not being sick, a nurse will give you some water to drink. You must rinse your mouth with some water after all food, fluids and medicines.

If you have any pain, please tell the nurse. Sometimes your hip hurts more than your mouth. It may hurt when you walk and this may take a few days to feel better.

The nurses will sit you up in bed to help your breathing and to stop swelling.

You will have intravenous antibiotics (through a drip) for 24 hours and will go home with a week's supply of antibiotics to prevent infection.

Do not blow your nose or use a straw for drinking as this may cause bleeding.

Do not drink fizzy drinks as this may affect the healing in your mouth.

Before you go home, you will be told about a

follow-up appointment.

If you and your caregivers have any questions regarding the operation, please ask the doctor when the Consent Form is signed or ask the nursing staff.

Care at Home

- It takes two to three weeks for you to heal.
- You should have quiet activity at home until seen by the surgeon in Outpatients for your follow-up appointment.
- You should walk carefully around your home. You may have a limp for up to two weeks after surgery as your hip site often hurts more than your mouth.

Diet

- Eat soft foods only for two weeks after your surgery or until you see the doctor at your follow-up appointment in Outpatients.
- Do not use straws to drink with but drink lots of fluids.
- Do not drink fizzy drinks as they can affect the healing in your mouth.
- Do not put any hard objects in your mouth as they can harm the surgery site.

Mouth Care

- Rinse mouth with water after all food or drinks, including medication.
- Ask your parents/carers to buy Chlorhexidine mouth rinse from the Chemist.
- Rinse your mouth with Chlorhexidine mouth rinse after your three main meals in the day and before bedtime. This will help stop infection.
- Brush your teeth gently with a soft toothbrush as well as possible. This is difficult in the early days after surgery.

Hip (donor) Site Care

- Leave your dressings on your hip for 5-7 days.
- Shower as normal as the dressing is waterproof and will peel off within 5-7 days.
- Most stitches dissolve themselves but some may need to be removed at your follow-up appointment.

Pain Relief

Take Panadol/Codeine for pain relief as necessary and follow your parents/carers instructions about the directions on the pack.

Get Help

- **If there is any bleeding in the mouth, apply gentle pressure to the site and contact the Emergency Department, Christchurch Hospital on 364 0641**
- If the dressing on your hip comes off before 5 days, do not shower. Telephone the ward or the Plastic Surgery Unit for instructions on having the dressing put back on.

Go to your Doctor/GP if you have:

A fever

Increasing pain that does not go away with Panadol/Codeine

A red, sore wound or your wound has pus coming out of it



For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz

