

Alveolar Bone Graft

INDICATIONS FOR A BONE GRAFT

Closure of oral/nasal fistulas (openings between mouth and nose)
Bone support for unerupted and erupted teeth next to the cleft
Continuity of gum ridge
Support the base of the nose
A more normal appearance of the gum and teeth

WHERE DOES THE BONE GRAFT COME FROM

The bone graft is usually from the hip. This bone is highly cellular, making it resistant to infection and is able to heal rapidly. Sometimes a piece of the skull is also used. Your surgeon will discuss the most likely donor site.

WHAT IS THE BEST AGE TO HAVE THIS DONE

Usually the bone graft is done between 9-11 years of age. The ideal timing for the bone graft depends of the stage of development of the teeth and their position. The final decision regarding timing is usually made through combined plastic surgery and orthodontic consultation.

LENGTH OF SURGERY AND HOSPITAL STAY

The operation usually takes 2-3 hours. A hospital stay of 2-3 days is usually required.

PAIN MANAGEMENT

Mild to moderate pain is experienced post operatively which is controlled with medication given by an intravenous line and later by mouth.

DIET

Your child will be on a clear liquid diet for the first 24 hours after surgery, then progress to a soft diet for the next **THREE WEEKS**.

RECOMMENDED FOODS: soup, yogurt, mashed fruits and vegetables, ground meat, scrambled eggs, jello, ice cream, or foods that has been processed or blended.

WOUND CARE

Warm saline rinses 2-3 times a day will clean the sutured area and feel very soothing to the gum. The sutures (stitches) will dissolve in 3-4 weeks.

ACTIVITY

Initially your child will limit their activity following surgery. **NO CONTACT SPORTS FOR 6 WEEKS**. They should be encouraged to gradually increase their activity level. Except for the contact sports they should be back to pre-operative activities by 4 weeks.

FOLLOW-UP APPOINTMENT

After surgery please call 410-955-9466 to make a Monday follow-up appointment for approximately three weeks after surgery.

CONTACT NUMBERS

During office hours, if you notice significant bleeding, persistent temperature (greater than 101 degrees), or difficulty with breathing or eating, call your plastic surgeon. Dr. Craig Vander Kolk may be reached at 410-955-2136. Dr. Richard Redett may be reached at 410-955-9475. After office hours call 410-955-6070 and have the plastic surgery resident on call paged.