

# CHAD PURNELL M.D.

CRANIOFACIAL AND PLASTIC SURGERY

## **Pre-and postoperative care instructions Alveolar Bone graft (bone graft to gumline)**

### **Before the Operation:**

- **Maintaining oral cleanliness before the operation is EXTREMELY important.** 2 weeks before the operation, your child should brush at least 3 times every day, floss at least once a day, and use prescription mouthwash (Peridex) twice a day. You will also use nasal saline spray twice a day for 2 weeks to help to keep the nose clean. The prescription for the mouthwash will be given to you by our staff. Make sure to **schedule a dental cleaning with your dentist** within 1 month of the procedure.
- Follow the instructions given to you by our scheduler regarding eating and drinking. Try as much as possible to show up early. If you don't receive a call the day before surgery, call our hospital before 4:00 PM at 773-622-5400 to check on your instructions.

**Hospital Stay:** Usually, hospital stay after an alveolar bone graft is 1 night for pain control and to make sure your child is drinking enough to maintain hydration. Some children that live close to the hospital may go home the same day as surgery as long as they are drinking. On rare occasions, children may need to stay an extra day for pain control.

### **After the Operation:**

- Incision care: For the hip incision, there is no care to perform. It is ok to get this wet in the shower with soap and running water the day after surgery. Do not immerse this in water. Do not apply any ointments to the incision because this can dissolve the skin glue. After 4 weeks you may begin gentle scar treatments. (see separate instructions for these [HERE](#))
  - o **For the incisions in the mouth, cleanliness is very important.** Continue to use the peridex mouthwash twice a day for the first two weeks, then transition to regular mouthwash. After eating or drinking anything, your child should swish with warm water to keep everything clean. They should brush their teeth at least 2 times a day with a soft bristle toothbrush starting 3 days after surgery. If your child received a mouthguard type splint in the operating room, they should wear this all the time EXCEPT to brush their teeth or use mouthwash. You will also put a small amount of mupirocin ointment inside the nose gently with a Q-tip for 2 weeks.
- Pain Control: For the first 2-3 days, it is usually easier to **schedule** non-opioid pain medications rather than waiting to see if your child needs them. **It is NOT necessary to wake your child up for a scheduled dose**, just give their next dose when they wake up.

- Your child can take acetaminophen every 6 hours and ibuprofen (Motrin) every 6 hours, so your child will get a medication every 3 hours. If this is not relieving the pain, you may add a dose of oxycodone.
- The vast majority of children only require opioid medication for the first 1-2 days after alveolar bone grafting. **Opioid medications can result in your child being more sleepy, eating and drinking poorly, and can cause constipation.** They should only be given if necessary.
- Other Medications: Your child will use saline nasal spray twice a day after surgery. They will also take 1 week of antibiotics.
- Diet: Your child will be on clear liquids for the first night after the operation, and then can transition to a soft diet. A soft diet includes anything you can squish with your fingers, such as scrambled eggs, noodles, smoothies, and milkshakes. **NO CRUNCHY FOOD** or food that is difficult to chew for 4 weeks.
- Activity: It is ok and encouraged for your child to walk right after surgery. They may limp – this is normal and not concerning. No contact sports for 8 weeks after surgery. If given a splint, your child should be wearing this on their teeth for 6 weeks, taking it off only for oral hygiene. **Your child should not pick or blow their nose for 2 weeks.**
- Bathing: You may shower your child normally with soap and water, including the incision. This can be done as early as the day after the operation. Do not immerse the incision in a pool or bath for 2 weeks.
- Follow-up appointments: Children are typically seen 2 weeks after the operation, and get a cone beam CT 2-3 months after the operation.

#### Things to let us know about:

- **Call the Office if:**
- Your child develops a temperature of **over 101 degrees** Fahrenheit (38.3 degrees Celsius) – it is not necessary to check temperatures after surgery unless you feel like something is wrong.
- Your child has **increasing redness, pain, weeping fluid, or swelling** at their surgical site. Swelling is normal for the first few days after surgery, but if swelling returns we would like to know.
- **Your child is not drinking fluids** and is not urinating as usual.
- **If you have any concerns or questions**, contact us. We are used to receiving questions from parents and can help you decide if something is normal or abnormal after surgery.

#### Contact Information:

##### **IF YOU ARE SEEN AT SHRINERS HOSPITALS FOR CHILDREN:**

- Main hospital: 773-622-5400
- Inpatient Unit: 773-385-5590

- Nurse practitioners: Marisa Foss, CNP: 773-385-5597, mfoss@shrinenet.org (Tues-Fri) Patty Engebretson, CNP: 773-385-5595, pengebretson@shrinenet.org (Mon, Tues, Thurs)
- Outpatient clinic nurses: Jill McGuigan, RN and Sandy Ritt, RN: 773-385-5503
- Care coordination: Tina Magnole, LCSW: 773-385-5826 and Krista Bauman, LSW: 773-385-5560
- EMERGENCIES: 911

**IF YOU ARE SEEN AT UNIVERSITY OF ILLINOIS-CHICAGO:**

- Main Hospital: 312-996-7546
- Outpatient nurses: Alma Moya, RN Med 312-996-2512 Linda Duffy 312-996-4119
- Appointment Scheduling: 312-996-7546
- Surgery scheduling: 312-996-9313
- EMERGENCIES: 911