



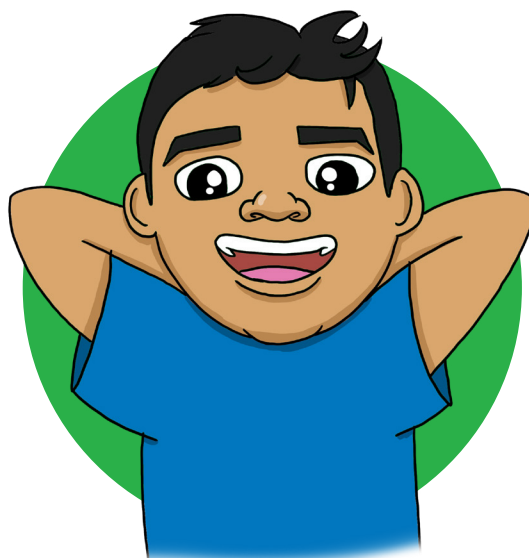
## Care after Alveolar bone graft

(al-vee-ow-lah)

It can take at **least 2 weeks** for bub to heal after their surgery.

They will need to take it easy and rest until they see the doctor at their **follow-up appointment**.

- Bub can go for short and easy walks.
- Do quiet activities at home.
- Bub will not be able to play sports for 2 months after the surgery to give their lip time to heal.



## Follow up appointments

It is **important** for bub to come to their **follow up appointments** so doctors can make sure they are healing well.

- The Dental Department will send you an appointment.
- The Plastics Clinic will also send you an appointment.

## Eating





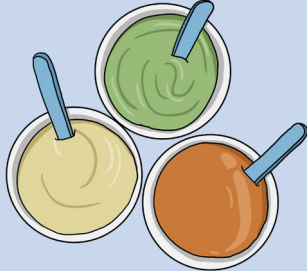
To help bub heal after surgery, they will need specially made food.

Use a round spoon **no forks** and have bub drink water from a cup: **no straws, no sippy cups**.

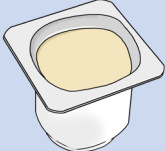
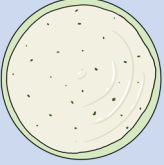




- **After surgery** bub will need liquidised or pureed food for the first 2 weeks.
- **After 2 weeks** bub can have minced and moist foods then move to a soft and bite diet if they can manage it.
- **Then, after the first 4 weeks, you will need to follow the advice from the Dental Department.**
- If you have any worries or concerns call 6456 2222 ask for Dental Department from Monday - Friday 8:00am - 4:00pm.

# Special food chart

## Level 3 LIQUIDISED (LQ3)

<b>What it looks like</b>	Can be eaten with a spoon or drunk from a cup					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Water or strained fruit juice</li> <li>• Fat free clear soup, broths, clear jelly</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Custards 	Cheese or white sauce and gravy 	Baby rice cereal made runny or watery 	Tomato sauce and thin soup like tomato 	Pureed veggies and fruit like baby food 	
<b>Don't give bub</b>	Cream soups, ice cream, milk, prune juice or juice with pulp, jelly with add fruit anything with fat in it					

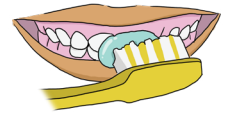
## Level 4 PUREED (PU4)

<b>What it looks like</b>	Smooth with no lumps, not sticky, not chewy. Can be eaten with a spoon.					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Strained meat and vegetable soup</li> <li>• Strained fine porridge and fruit juice</li> <li>• Milk, yoghurt (no lumps), thin custard and ice cream</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Flavoured custards Yoghurt 	Cheese or dip or spread 	Wheat biscuit cereal with milk or water 	Baby rice cereal made thicker or creamy porridge 	Mashed or thicker pureed veggies and fruit Pureed meat and lentils baby food 	Thicker soups like pumpkin 
<b>Don't give bub</b>	Lollies, yogurt with lumps, unblended soups					

## Caring for bub's mouth

It is important to look after bub's mouth so that the wound doesn't get damaged or infected. Before you leave the hospital a nurse will show you what to do and how to look after the wound.

- Rinse bub's mouth with **cooled boiled water** after all medications, food and fluids.
- Rinse their mouth with **Chlorhexidine mouthwash 2 times a day for 7 days** after surgery. You will be given a bottle of mouthwash before you leave.
- Bub will need to be careful when brushing their teeth, they need a small soft toothbrush. An adult will need to watch bub brush their teeth for 48 hours (2 days) after the surgery.
- No sharp or hard objects around or in their mouth.
- If bub is wearing a dental splint, it will need to be cleaned regularly until it is removed around 4-6 weeks after surgery.



## Caring for bub's lip

- The dressing on bub's lip (donor site) will need to be kept dry and in place (a waterproof dressing will be placed over their lip wound before you go home).
- Showers only, no baths. After showering bub, gently pat the wound dry.

## Pain relief - if bub has pain give them:



### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions

## Follow up appointment

You will get a follow up appointment letter around 10 day after surgery for:

- Dental check up
- Plastics - lip check.

Follow up appointment are important please don't miss them.

## Signs of infection

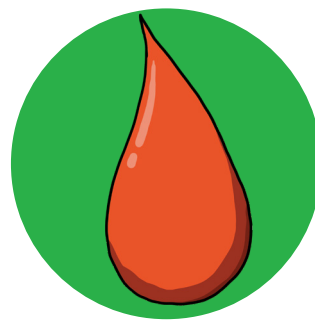
You need to look out for the following signs of infection:



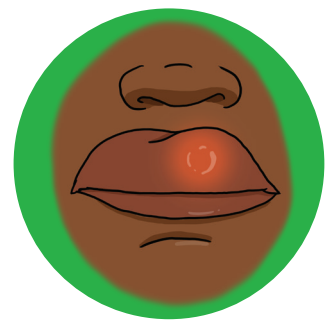
Temperature



A strong smell, bleeding or oozing from their mouth or their lip



Bleeding or ooze from their mouth or their hip



More swelling or redness around their mouth or their lip

If you are worried or have concerns see your GP, health clinic or go to the emergency department.



Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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**This document can be made available in alternative formats on request for a person with a disability.**

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