

Preparing for your child's alveolar bone graft surgery

This leaflet provides more information about your child's operation. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

Before your child's operation

What should I do to prepare for my child's operation?

To reduce the chance of your child becoming unwell and the operation being cancelled, please minimise contact with other children and avoid busy public places for 2 weeks before and after surgery, including school. Please also avoid contact with anyone who is unwell.

We advise that your child does not have any routine immunisations for 2 weeks before and 2 weeks after the operation. It is also important your child keeps brushing their teeth twice a day with fluoride toothpaste (check the packaging and look for fluoride strength of 1450ppm).

You can usually expect to stay 1-2 nights in hospital after your child's operation so you'll need to pack some essentials to take for the stay.

Your child will need to avoid hard and crunchy food for at least 2 weeks after the operation so you will need to have soft food available for them at home – you can find more about this on page 4.

What happens before the operation?

Your child will attend pre-admission clinic (virtually or face-to-face) to make sure they are ready for surgery. An appointment may be made with an anaesthetist if needed. A member of the cleft nurse team will contact you to let you know when your child will need to stop drinking and eating before their operation.

What happens on the day of surgery?

You will usually be asked to come into Evelina London at a time between 7.30-11.30am on the day of the operation, depending on your child's place on the theatre list. A member of the surgical and anaesthetic team will meet with you before the operation. You will be able to go with your child into the anaesthetic room and stay with them until they fall asleep. Your child will generally be away from you for around 3-5 hours including anaesthetic time.

Are there any risks?

Risks of surgery and anaesthetic will be discussed with you before you sign the consent form. Your child will be given antibiotics during the operation to reduce the risk of infection. Every anaesthetic carries a risk of complication. However, this is very small and is reduced further by making sure that your child is well at the time of surgery. If your child is unwell then surgery may be postponed until they are better. Please contact a member of the cleft nurse team if your child is unwell in the 2 weeks before surgery.

After the surgery there is a small risk of bleeding. You may notice blood stained mucous or saliva coming from your child's nose or mouth, and this is common in the first few days after the operation but should settle. We recommend observing the hip dressing for any signs of bleeding or oozing. If you see bright red bleeding that does not stop within 10 minutes, please go straight to your nearest Emergency Department (A&E).

After your child's operation

When can I see my child after the operation?

As soon as your child wakes up from the operation and their condition is stable you will be taken to the recovery unit by a member of the ward nursing team to see them.

How will my child feed after the operation?

Your child can drink straight away and will need to have a soft diet for the 2 weeks after surgery (see the end of this leaflet for suggested food options). Please offer water after all food or milk.

Will my child be in pain after the operation?

Your child will be given a local anaesthetic to their mouth and hip area. A morphine drip may be needed during and after the operation but this is usually stopped the morning after surgery. Your child will also be given regular paracetamol and ibuprofen while in hospital.

Their hip may be sore for a few days after the operation but you should encourage them to walk and mobilise as usual.

When can I take my child home?

You can usually expect to stay 1-2 nights in hospital after your child's operation. The morning after your child's operation they will be reviewed by a member of the cleft team.

In order to be discharged, your child will need to be eating and drinking around half of their normal intake and their observations (such as blood pressure) need to be within normal limits for their age. Your child will need to have not required morphine for 6 hours and their pain should be managed with paracetamol and ibuprofen. We will want to see your child mobilising on the ward before discharge.

A taxi can be provided to take you to a mainline station if needed.

How do I care for my child's mouth after the operation?

Encourage your child to drink plenty of water after any milk/food to cleanse their mouth to keep the sutures clean. The sutures will dissolve over the coming weeks. Maintaining good oral hygiene after surgery is very important. We recommend your child starts brushing their teeth again by the next day, twice a day.

You will also be given an antiseptic (chlorhexidine) mouthwash to reduce bacteria and inflammation. This should be used to rinse your child's mouth twice a day for 1 week after surgery. Please make sure you do this at a **different time** to tooth brushing, as toothpaste can affect the ingredients in the mouthwash.

How do I care for my child's hip after the operation?

Your child will have a small waterproof dressing on their hip which should be kept in place for 7 days. This means your child can have a shower but should avoid having a bath during this time. After 7 days gently remove the dressing from the hip. The sutures will dissolve over the next few weeks.

How will I manage my child's pain after the operation?

We recommend giving your child paracetamol and ibuprofen regularly, as prescribed, for 4-5 days after the operation. Giving these medicines regularly helps reduce pain. After 4-5 days reduce the frequency and give as needed. Aim to stop the medicines about a week after surgery.

Paracetamol: 1 dose every **4 to 6 hours** (maximum of 4 doses in 24 hours)

Ibuprofen: 1 dose every **6 to 8 hours** (maximum of 4 doses in 24 hours)

Suggested schedule:

On waking/breakfast (e.g. 6am)	Paracetamol and ibuprofen
10am	Paracetamol
12 midday	Ibuprofen
2pm	Paracetamol
6pm	Ibuprofen
Before bed (e.g. 8pm)	Paracetamol
In middle of night, if needed	Ibuprofen

Check with nursing staff what time the last doses were given on the ward, so you know when you can give it when you get home. You may also like to keep a diary of when you have given doses.

How will I know if my child has an infection after the operation?

Your child may develop a temperature, you may notice smelly/offensive breath or you may notice your child is not behaving like their usual self. Contact your GP or out-of-hours urgent care service if you are worried.

If you do look in your child's mouth and are concerned about what you see please contact the nursing team. Keep an eye on your child's hip dressing and observe for any oozing/bleeding. If you are concerned, contact your GP.

When can my child play sport/swim after surgery?

Your child should avoid active sports for 6 weeks and avoid swimming for 3-4 weeks after the operation. We recommend your child having 2 weeks off school for their recovery after surgery.

Will we have a follow-up appointment?

You will receive an appointment to see your cleft surgeon in clinic 6-8 weeks after the operation.

Is there anything else I need to know?

There may be specific advice depending on the operation your child has had. You will be given this by a member of the cleft team.

Eating and drinking after surgery

Do not give any hard, sharp, chewy or crunchy foods for at least 2 weeks after your child's operation. This includes pizza/chips/potato waffles/toast/crisps/biscuits/anything with pips or seeds. Please give soft/mashed foods during this period. Do not give bread/cake/pastries as these can get caught in your child's sutures and are best avoided. We've made some suggestions of suitable foods below.

Breakfast

Porridge, yoghurt, milkshakes, cereal softened/soaked in milk, fromage frais, fruit/vegetable purees, smoothies (no pips or seeds), fruit pouches, scrambled eggs/tofu, pancakes, omelettes/poached eggs, mashed avocado, mashed banana/mango, stewed fruit.

Lunch and dinner

Smooth soups, soft/well cooked pasta, noodles, tinned spaghetti, mashed potato/sweet potato with grated cheese (added butter to increase calories), cauliflower cheese, cottage cheese, grated cheese, soft cheese triangles/cheese spread, soft cooked/mashed vegetables (broccoli, cauliflower, carrot, courgette), tuna/egg mayonnaise, fish pie, flaked fish, quiche, tender minced meat (shepherd's pie/cottage pie), dahl, lentil stews/soups, steamed tofu, baked beans, guacamole, houmous, taramasalata, custard/egg custard, jelly, mousse.

Contact us

If you have any questions or concerns, please contact a member of our team:

Rebecca Bailey – Kent	07768 474876
Helen Daniel – Surrey	07717 571931
Joanna Leigh – Kent	07810 483923
Jackie Matthews – Sussex	07970 261781
Ruth Mirza – Surrey	07717 864003
Sally Moran – London	07768 474667
Beverley Willshire – London	07976 292232

Contact any of the above numbers to talk to the team. Cleft nurse specialists are available between 9am-5pm. Please note there is a nursing service provided 7 days a week. Phones are diverted to the nurse on-call at weekends and bank holidays. Text messages are not diverted, so please call if you need advice.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [w: www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111 **w:** 111.nhs.uk

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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