

Bone Graft

Post-Operative Instructions

What can I expect after surgery?

Following surgery, you spend a brief period of time in the recovery room and will then be moved to a hospital room for an overnight or a few days stay. You will usually be released from the hospital 1 day after surgery. Once discharged from the hospital, patients will need someone to drive them home and care for them for the next day or two.

- You will also have a clear plastic bandage over the hip incision.
- Red drainage from the nose and mouth is very common after surgery.
- You may have swelling and discomfort in your leg and you may not be able to apply full pressure when walking but this will improve as it heals.

How do I take care of my incision?

After surgery you will have an incision inside your mouth with stitches that will dissolve over time (will not need to be removed).

- Take care of the incision site by keeping it clean but not aggravating it by excessively touching the incision.
- For children that have a cleft palate care must be taken to avoid letting the child place hard objects in his/her hand or mouth.
- Brush your teeth with a small, soft toothbrush, avoiding the surgical area.
- You may take a shower but no baths until instructed by your surgeon. Usually 2 weeks after surgery.
- Petroleum Jelly (Vaseline) can be applied to his/her lips frequently to keep them moist.

What should my activity level be?

- You may return to school or work after 3-5 days following surgery.

- Vigorous physical activity such as sports and lifting weights greater than 25 lbs. is not allowed for 6 weeks.

Are there diet restrictions after surgery?

- Do not use straws, spoons or utensils until cleared by the surgeon.
- You may use a cup or a syringe for eating.
- A liquid diet, (no ice cream or popsicles) is preferred for 2 weeks, and if all is well after that period you can move to a soft diet for 4 weeks.
 - Foods to consider are apple sauce, cottage cheese (pureed), gelatin, baby food, yogurt without fruit, and mashed potatoes.
- Start a regular diet at 6 weeks.

How do I manage pain after surgery?

- The surgeon may recommend a mild pain reliever such as liquid children's acetaminophen, Ibuprofen or Oxycodone for discomfort.
- The pain reliever should be taken with food. Peridex (a prescription mouth wash) will also be given to use at home.
- The pain reliever should only be taken when you need it.
- You may experience nasal and sinus congestion, but should not blow your nose.
- A saline nasal spray may be used to help with nasal congestion and crusting.
- You will have a plastic wafer wired in your mouth for 6 weeks at which point the surgeon will remove it.

What follow-up care will I receive?

- You will be given an appointment to return to the clinic for a post-operative check before you are discharged from the hospital. This will usually be about two weeks after surgery.
- Write down and bring any questions you have to this appointment.
- If you are unable to keep the appointment, please be sure to call and

reschedule.

When should I call my doctor?

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.5 degrees. Check to make sure they are getting enough liquids. Dehydration can cause the body temperature to rise.

Who should I call if I have questions?

- (734) 936-5950, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Oral & Maxillofacial Surgeon on call.

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