What is a bone graft?

clapa
Children & Young People's Council

If your cleft affects the alveolus (the bone in your gum where your teeth sit), you will probably need surgery to fill the gap in your gum so that your adult teeth can come through properly.

A 'bone graft' involves borrowing a bit of bone from one part of the body (usually from the hip, or sometimes from the shin bone) to help repair another.

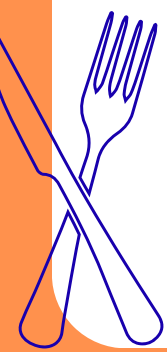
Tips from young people in the CYPC:

1. Take some headphones to help you sleep or listen to your favourite playlist to help you relax.

2. Take a cuddly toy or something else that will help to comfort you if you feel nervous or upset.

3. The anaesthetic (gas or a cannula) you will be given will mean you have a long sleep and won't feel anything while the surgery is happening.

4. It's normal to feel a bit worried but try not to overthink. Focus on the the positives - you'll be back into your normal routine soon!

After your surgery

- Stick to a soft food diet - think soups, mashed potato, yoghurts and smoothies
- Ice cream is definitely the best medicine and it's great for soothing your mouth if it's sore after the surgery.
- Use plastic cutlery and cups is also a good idea while your mouth heals.