

## Cleft Lip Adhesion Discharge Instructions

### GENERAL

**PACIFIERS SHOULD NOT BE USED FOR 3 WEEKS**, as their use may disrupt the stitches or the repair.

### ACTIVITY

Arm cuffs with velcro (No-No's) will be secured at the time of surgery, and should be worn **AT ALL TIMES** for 2 weeks following surgery, as it is important that fingers and toys stay away from the lip/mouth. Your child may otherwise resume normal activities.

### DIET

After surgery, continue the same feeding method that your child was using before surgery. A soft diet may be offered, including baby food, foods pureed in a blender, or foods mashed with a fork. Hard candy or crunchy foods such as cookies, dry cereals or crackers should **NOT** be offered, as these can disrupt the repair.

### WOUND CARE

The lip repair is typically close with absorbable sutures and tissue glue. **Absorbable sutures and tissue glue** slowly break down over 10-14 days, often with a crusty or flaky appearance. You may notice the ends or "tails" of the stitches along the incision. **IT IS IMPORTANT that NO topical** bacitracin, neosporin, Vaseline or similar products be applied to the repair, as these may break down the tissue glue and/or absorbable sutures. Soap and water may be used to clean the area safely.

### PAIN MANAGEMENT

Mild to moderate pain is expected with the procedure. During your child's hospitalization, the pediatric pain team will work to ensure your child's comfort. A prescription for oral pain medication will be given at the time of discharge. For safety, the medication dose is based your child's weight and should be given as instructed.

### FOLLOW UP VISITS

Your child should return to clinic for a routine follow up visit 2-3 weeks after surgery. Please call 410-955-9475 to schedule a postoperative appointment.

### CONCERNS/CONTACT NUMBERS

During office hours, call 410-955-9475 for Dr. Richard Redett if: persistent fever (greater than 101 degrees), excessive drainage or bleeding, difficulty breathing, difficulty eating or food refusal, excessive crying, irritability or complaints of pain. Kim Seifert, R.N. and Candie Marchand-Evans, PA-C are typically available to review your questions or concerns. After office hours, call 410-955-6070 and ask for the resident on call for plastic surgery to be paged. In the event of an emergency, call 911.