

## Cleft Palate Repair 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 3 weeks following surgery, as it is important that fingers and toys stay out of the 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.

Avoid breads, soft cheese and peanut butter, as they may stick to the roof of the mouth.

### WOUND CARE

The mouth is generally resistant to infection. The saliva will dissolve the sutures, which will fall out in 3 to 4 weeks. You may notice the ends or "tails" of the stitches in the roof of the mouth.

### 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 3 weeks after surgery. Please call 410-955-9475 to schedule a postoperative appointment on a Monday. Your child should return to Cleft Clinic between 13 and 15 months of age for routine evaluation of their speech, teeth and hearing.

### 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.