

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.