

Ward 3A

Following Repair of Cleft Lip and Anterior Palate

Discharge Information for parents and carers

What to do when your child goes home

Feeding

By the time of discharge your baby should be taking sufficient diet and fluids although this may be less than their usual intake. It can take up to two weeks to get back to their normal pattern of feeding from the bottle or breast.

If your baby has had surgery to their palate cooled boiled water should be given after each feed and if possible offer a spoon of live or probiotic yoghurt. This will reduce the risk of infection and help keep the palate clean.

A clean dummy may be given just to settle your baby to sleep for a very short period. Placing socks or mittens on your child's hands should prevent them from putting their fingers, toys etc. into their mouth.

Care of the lip

- Clean the suture line after each feed with cooled, boiled water and a clean cotton bud.
- After cleaning apply the ointment provided on discharge.
- The sutures should start to dissolve after five days but may take up to ten days.

Pain Relief

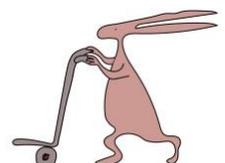
You will need to give regular pain relief for the first 4-5 days following discharge home. Please do not exceed the prescribed dose. Your child may require pain relief for up to 2 weeks following surgery, especially upon waking and before bed. Your Cleft nurse will advise you on this.

Sun Protection

Please note that direct sunlight can irritate a new scar. You must keep the new scar protected from the sun for the first year following surgery. We advise the use of a high protection (factor 50) sun cream and that your child also wears a hat or cap

Teeth

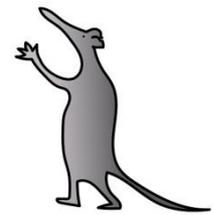
If your child has developed any teeth it is important that they are brushed as normal twice a day. This will not harm the palate repair but will help to reduce the risk of infection



Things to look out for

The following may be signs of infection:

- swollen, red suture line,
- oozing from suture line,
- smell from mouth (if had palate surgery)
- irritability,
- increased temperature
- increased pain
- loss of appetite



If you are worried about possible infection call your nurse specialist, Ward 3A or your GP for advice.

Your clinical nurse specialist will arrange to visit within the first week after surgery.

If you have any concerns about your child following discharge please contact your nurse specialist for advice.

Heather McClements	07979 540 255
Helen Robson	07920 499 008
Louise Hall	07817 127 187
Katy Stephenson	07855 134 498
Alex Butler	07973 893 933
Ward 3A	0151 252 5416
Cleft Lip and Palate Unit Alder Hey Children's Hospital	0151 252 5209

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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