

Discharge Instructions for Cleft Palate Repair

GENERAL

DO NOT USE A PACIFIER FOR THREE WEEKS. The use of a pacifier may disrupt the stitches.

No hard candy or crunchy foods such as cookies, dry cereals, or crackers are allowed.

Arm restraints (supplied by the hospital) will be necessary for three weeks following surgery. It is important that the child keep fingers and toys away from the mouth. The restraints need to be worn at all times, unless the parent is directly watching the child and keeping the hands away from the mouth.

DIET

Your child may continue to use his usual feeding method after surgery. The child may be able to suck better, but continue feeding in the same way as before surgery.

Your child may eat a soft diet consisting of anything that can be mashed with a fork. This includes jar baby food, foods put through a blender, mashed fruits, of canned mashed vegetables.

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

WOUND CARE

No wound care is needed, as the child's saliva will dissolve the stitches.

Sutures will come out in three to four weeks.

PAIN MANAGEMENT

Tylenol or Tylenol with codeine may be given every four hours for discomfort or irritability.

FOLLOW UP VISIT

Your child should return for a follow up visit three weeks after surgery. Please call 410-955-9466 to make a post-op appointment on the closest Monday. Your child should return to Cleft Clinic six months after palate surgery and then once a year after that for evaluation.

CONTACT NUMBERS

During office hours, if you notice significant drainage or bleeding, persistent temperature (greater than 101 degrees), difficulty breathing or eating, excessive crying or complaints and pain, call your plastic surgeon. Dr. Craig Vander Kolk may be reached at 410-955-2136. Dr. Richard Redett may be reached at 410-955-9475. After office hours call 410-955-6070 and have the plastic surgery resident on call paged.