



Cleft Lip and Palate Unit

Information following Primary Cleft Palate Repair, Re-repair of Cleft Palate or Palatal Lengthening

Discharge information for Parents & Carers

What to do when your child goes home

Care of the palate

Your child's palate will look different and may be initially swollen with white patches on. This should settle down. The stitches are dissolvable and can take up to six weeks to fully dissolve. Your child's speech may sound different, but the full effect of the surgery may not be evident for a few months. Your child will have a speech assessment at the next outpatient appointment.

Diet

Please give your child a soft diet for three weeks following surgery. It is important to avoid sharp foods such as toast, crisps, biscuits, chips, any vegetables with shells i.e. peas, beans etc. ideal foods included pasta, stews / casseroles, hot dog sausages, mashed food etc. Avoid chocolate and dry bread as this may stick to the suture line.

A drink of water should be given after each meal or snack to help keep the palate clean, followed by some live / probiotic yoghurt. This will reduce the risk of infection and keep the palate clean.

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

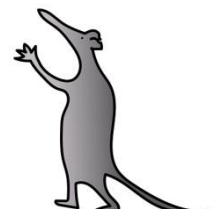
Pain Relief

For the first 3-4 days after discharge continue to give your child regular pain relief. Please follow the instructions on the bottle / packaging carefully and do not exceed the prescribed dose. After this they may require analgesia occasionally, especially when waking or before bed.

Things to look out for

The following may be signs of infection:

- swollen, red suture line,
- oozing from suture line,
- smell from the mouth
- irritability,
- increased temperature
- increased pain
- loss of appetite



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

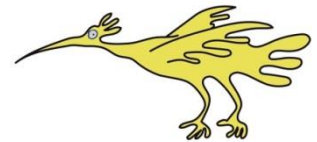
A hole may appear in the palate. This is usually only the thin skin layer and should heal over in the next few weeks or so. If a hole does appear it will not require immediate treatment and will be assessed when you come to clinic. There is no need for an earlier appointment in clinic.

If any fresh bleeding occurs from the mouth or nose please contact your nurse specialist or Ward 3A

An outpatient appointment will be sent through the post for you to be seen by the cleft team

If you are worried about your child, please do not hesitate to contact:

Ward 3A	0151 252 5416
Louise Hall	07817127187
Katy Stevenson	07855134498
Kathryn Wolstencroft	07973893933
Maria Smith	07929718361
Cleft Palate Unit	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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