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DISCHARGE INSTRUCTIONS FOR CLEFT LIP ADHESION

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 2 weeks following surgery, as it is important that fingers and toys stay away from the lip/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.

WOUND CARE: The lip repair is typically close with absorbable sutures and tissue glue. **Absorbable sutures and tissue glue** slowly break down over 10-14 days, often with a crusty or flaky appearance. You may notice the ends or "tails" of the stitches along the incision. **IT IS IMPORTANT that NO topical** bacitracin, neosporin, Vaseline or similar products be applied to the repair, as these may break down the tissue glue and/or absorbable sutures. Soap and water may be used to clean the area safely.

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 3-4 weeks after surgery. Please call 443-997-9466 to schedule a postoperative appointment.

CONCERNS/CONTACT NUMBERS: CONCERNS/CONTACT NUMBERS
During office hours, call 410-955-9475 or 443-997-9466 for 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. (kseifert@jhmi.edu) is typically available to review non-urgent 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.

