

If you have any questions, queries, or require more information, please contact the Cleft Team:

Telephone: (01792) 703810

Monday to Friday (excluding Bank Holidays)

8.30 am to 4.30 pm

An out-of-hours answering machine is available

An on-call system is operated on weekends and Bank Holidays by the Clinical Nurse Specialist

Ward M — 01792 618891 — is available 24/7 as an alternative contact number

Email: SBU.CleftEnquiries@wales.nhs.uk



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Advice Before and After Speech Surgery

(Submucous Cleft Palate, Palate re-repair, Pharyngoplasty)

Morrison Hospital, Swansea, SA6 6NL

<https://sbuhb.nhs.wales/hospitals/a-z-hospital-services/cleft-team/>

This leaflet is designed to advise you about the care your child will receive when they come into hospital for a surgery to improve speech and the care they will need following their surgery.

Admission

Your child will be admitted to Ward M at Morriston Hospital on the morning of their operation at 07:30. Soon after your arrival to the ward you will be seen by a Paediatrician, Anaesthetist and Cleft Surgeon. Your child will stay in hospital for 2 nights; the night of the operation and the following night. If your child is eating, drinking and managing pain well and you are happy with your child, then it is likely your child will be discharged home. Occasionally, children need extra time to recover and will spend a third night in hospital. There is room for one parent/carer to stay on the ward.

Ward M — General Information

Ward M is a 20 bedded surgical specialities ward. Children range in age from babies to teenagers. There is a small parent's kitchen with a fridge and microwave where you can make drinks/food.

Visiting

Open visiting for parents. 2pm to 7pm for relatives.

Taking Photos

We appreciate that you may wish to take photos of your child. We ask for your discretion when doing so and ask that you do not take photos of other children or staff on the ward without their permission. Please do speak with the staff if you have any concerns or questions.

Mouthwash

You will be given Chlorhexidine antiseptic mouthwash to use for one week before surgery and two weeks after (instructions for use will be provided).

With thanks to the Cleft teams from Bristol and Nottingham who have helped us enhance our information leaflet

Wound care following surgery

The stitches in your child's palate/throat will dissolve on their own. They may take a month to six weeks to completely disappear.

After each meal offer your child a drink of water to ensure the palate is kept clean and free from any milk or food.

Infection

An infection in your child's palate/throat will require prompt attention and a course of antibiotics may be required. The signs to look out for are:-

- High temperature and feeling unwell
- Reluctance to feed
- Vomiting and loose stools
- Red, swollen looking wound
- Smell or visible discharge/pus from wound

If any of these signs are evident, please ring us. We usually advise a trip to your GP, but sometimes we request you return to hospital.

A few children develop a hole in their palate called a fistula. This often closes by itself and does not cause any further problems, but please contact the Cleft Team if this happens.

Follow up

You will receive a follow up call during the week following the operation from the Cleft Nurse Specialist.

You will then have a review appointment with a Cleft Nurse Specialist 4-8 weeks after the operation in Morrison Hospital.

What to bring with you

- Comfortable clothes for your child & cool, comfortable clothes for yourself
- Toiletries
- Medications

Feeding your child before surgery

Prior to surgery your child will be able to eat as normal. The Anaesthetist will advise when they can have their last drink and food before surgery on the operation day.

Tips for eating after cleft surgery

- Puree diet for the first 2 weeks.
- Soft diet for the next 2 weeks.
- Over the final 2 weeks you can build up to your normal diet.
- Most common foods are suitable such as cooked vegetables, soft fruit, pasta, rice, tinned spaghetti, soft meat or fish and dairy products.
- You can add extra gravy, sauces, butter, or custard to help soften food. Cereals can be softened by soaking in milk.
- You can blend, mince, mash and chop foods to soften.
- Avoid dry, hard or sharp foods such as the crust of pizza, toast crusts, biscuits, bread sticks, crisps, crispy chicken nuggets
- Avoid all fizzy drinks.
- Following eating you should encourage a drink of water to clean the mouth. There is no need to rinse the mouth.
- Brush teeth as normal.
- Do not use straws.

Will they be in pain?

They will have had Local Anaesthetic (LA) to their palate and been given other pain medicine whilst asleep. Sometimes they are a little disorientated when they wake up but this will settle.

While in hospital they will be given Oramorph (morphine), if needed, and regular Paracetamol and Ibuprofen.

Your child needs to be free from having morphine before discharge home. You will need to continue to give regular Paracetamol and Ibuprofen when at home.

Pain Relief Advice -

How can I keep my child comfortable?

By giving regular pain relief medicine for 5 days (longer if necessary) after the operation.

Give your child regular Paracetamol four times a day. Give Ibuprofen three times a day. Ibuprofen should be given with/ after milk/food as it can cause inflammation of the stomach lining. The combination of these two medicines should keep your child comfortable.

Please check that you understand the advice given before leaving hospital. If you are unsure, please ask a member of staff.

How will I know if my child is experiencing pain?

It can be difficult to judge when children are in pain as they can cry for many reasons, e.g. hunger.

Signs that your child may be in pain are:-

- Crying
- You may be unable to comfort them
- They stop eating and drinking
- They are unable to settle to sleep

For pain relief at home - please tick after giving each dose to remind you when you have given the medicine

Paracetamol – Please give regularly

	MORNING	MIDDAY	EVENING	NIGHT TIME
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

Ibuprofen – please give regularly

	MORNING	AFTERNOON	NIGHT TIME
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			