

If you have any questions, queries, or require more information, please contact the Welsh Centre for Cleft, Lip & Palate:

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 a Cleft Lip Repair



Y Ganolfan Cymraeg i
Wefus a Thafnod Holt
The Welsh Centre for
Cleft Lip & Palate

Morrison Hospital, Swansea, SA6 6NL

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

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

This leaflet is designed to advise you about the care your baby will receive when they come into hospital for repair of their cleft lip 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 07:30am. Soon after your arrival to the ward, you will be seen by a Paediatrician, Anaesthetist and the Cleft Surgeon. Photographs will also be taken. 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 to stay overnight 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 parents 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 baby. 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.

What to bring with you

- Comfortable clothes for your baby (e.g. front opening) and cool comfortable clothes for yourself
- Toiletries
- Baby milk
- Bottles and teats. The ward uses cold water sterilisation and these tanks are available on the ward.
- Bottle brush
- Favourite toy/comforter
- Nappies
- Medications

Feeding your baby before and after surgery

Prior to surgery feed your baby normally. The Anaesthetist will advise you when to give your baby a last drink before surgery. This is calculated according to the time the baby is having surgery and will be different for each patient. This usually means missing out on one feed but it is important to have an empty stomach when having anaesthetic for surgery. Don't worry, an intravenous infusion is given inter-operatively to give fluids that have been missed.

How soon will I/we be able to see our baby after the operation?

As soon as your baby has woken from the anaesthetic the ward staff nurse will take you to collect your baby from the theatre recovery room that they wake up in.

How different will they look?

This is very individual to each baby; remember they are still your beautiful baby and in time you will adjust to their new look. If you are finding this difficult to come to terms with, please speak to your Nurse Specialist or Surgeon as we are here to support you with this. There will be some swelling after surgery which will increase over the first 24-36 hours. It will then gradually go down over the next few weeks.

Safety on discharge home

Keeping your baby safe and comfortable on their journey home is very important.

The operation on your baby has altered their airway (as has been explained to you during your stay) for this reason additional care needs to be taken whilst travelling with your baby over the next two weeks or so, following discharge home.

Please ensure that your baby is securely placed in their car seat with their head resting in a neutral or sniffing position and not with their head rolled forward (this can block their airway post-surgery).

Please ensure that there is an adult sitting next to your baby whilst travelling so that their position can be adjusted if needed.

It can take several weeks for all the swelling from the operation to finally disappear, therefore please take extra care during this time.

Follow up

You will receive a follow up call during the week following the operation from the Cleft Nurse Specialist. You will then have an appointment in Morriston with a Nurse about 4-8 weeks after your operation. At this appointment you will be given Dermatrix ointment which you will need to apply to your baby's lip and massage twice a day. The nurse will show you how.

You will need to protect your baby's lip scar from the sun using a high factor sun cream.

Wound care following surgery

Your baby's lip and nose will need cleaning:

- Apply the supplied Vaseline ointment/Chloramphenicol half an hour prior to cleaning their lip/nose. The Vaseline softens any scabs/ dried blood, making it easier to keep the stitch line clean.
- Clean their lip/ nose four times a day with cooled boiled water using cotton buds. Once you go home twice a day is enough.
- The stitches are dissolvable and will fall out after about 2-3 weeks.

Infection

An infection in the wound will require prompt attention and a course of antibiotics may be required. The signs to look for are:

- High temperature and feeling unwell
- Reluctance to feed
- Vomiting and loose stools
- Redness and swelling around the lip
- 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.

How soon can I feed my baby after surgery?

As soon as your baby is awake enough you will be encouraged to feed them. Nursing staff will be there to supervise and support you at this time.

They will often only take a small amount to begin with as the lip is numb and they cannot feel it. This will settle over time and gradually your baby will get back to normal feeding.

There is no need to rush your baby, they will feed when they are ready. For going home we like your baby to be taking approximately $\frac{3}{4}$ of their normal feed in their normal time over a 24 hour period.

Will they be able to breathe properly?

Babies under six months of age breathe through their nose. This has been made smaller by the operation and there will be some swelling from the operation. We elevate the top of the cot to help with reducing the swelling.

Will they be able to use a soother/dummy?

Try to avoid if possible, however, not if it makes the baby very upset. If the baby is very dependent, try to discontinue pre-op. It is better for the repair and dental health.

Will they be in pain?

They will have had Local Anaesthetic (LA) to their lip 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 baby needs to be free from having morphine for at least 12 hours 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 baby comfortable?

By giving regular pain relief medicine after the operation. Give your baby regular Paracetamol four times a day. Give Ibuprofen three times a day. Ibuprofen should be given with/after milk 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 baby is experiencing pain?

It can be difficult to judge when baby is 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 feeding / refuse feeds
- 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			