

Cleft and Craniofacial Center

However, some breathing patterns are abnormal. You should call the Plastic Surgery team if your child has periods of not breathing while sleeping, or has trouble breathing or periods of excess sleepiness during the day.

### Activity

Most children are ready to return to school in about a week. If you have concerns or questions about when your child can return, discuss with the Plastic Surgery team.

No gym, sports, or heavily active play for 6 weeks after surgery, or until cleared by the Plastic Surgery team.

### Speech Therapy

Speech therapy should resume soon after surgery. Please check with our speech pathologist regarding timing of therapy.

### Pain

Your child may have some mild discomfort at home. If your child is irritable and not feeding well, he or she may be in pain. You should give acetaminophen (Tylenol®) and Ibuprofen as directed by your child's doctor. They are used to relieve mild to moderate pain and to reduce fever. It is important to take all medications exactly as prescribed.

If your child's pain is not controlled on the above medications, please call our office to discuss this with the Plastic Surgery team. A stronger pain medication may be prescribed.

Try to schedule a dose of pain medicine around bedtime, especially for the first few days at home. This will help your child sleep better.

### Constipation

Keep track of your child's bowel habits. He or she should return to previous bowel habits. If not, he or she may be constipated.

- Call your child's pediatrician or the Plastic Surgery team if you think your child is constipated.

### Skin and Wound Care

The incision in the mouth is closed with absorbable sutures that will fall out over the next month or so.

You should ask your child to rinse their mouth out with water after each meal to clean the area of food debris.

It is OK to gently brush the teeth with a soft bristled toothbrush.

### Follow-up

Please make a clinic appointment for 2-3 weeks after surgery.

A follow-up speech evaluation with our team speech pathologist should occur 4-6 months post-surgery.

When to call your child's doctor or nurse

If your child:

- has redness, increased swelling, drainage, or bleeding from the lip incision;
- has separation of the suture line;
- has a fever higher than 101.5°F degrees (taken under the arm);
- has pain that doesn't get better after pain medicine is given;