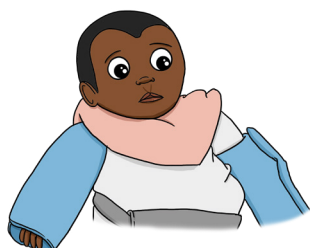




Discharge advice

## Cleft palate repair



After surgery bub will need to wear arm splints for 3 weeks to stop them putting their hands or other things in their mouth, this can damage the wound or stitches and cause infections.

You can take off the arm splints (1 arm at a time) every 4 hours when bub is awake. Let them stretch and move their arms but watch them so they don't put anything in their mouth.

### Caring for bub's mouth

- Looking after bub's mouth can stop infection and wound damage.
- The hospital staff will show you how to look after bub's mouth.
- A spoon attachment on the bottle or open cup is used instead of a teat for feeding for 3 weeks.
- Practice using the spoon attachment for feeding and stop using dummies 2 weeks before surgery.
- Make sure to rinse bub's mouth using a Pigeon bottle and cooled boiled water after giving medicine, food, milk and drinks.
- No dummies, sharp or hard things in their mouth.

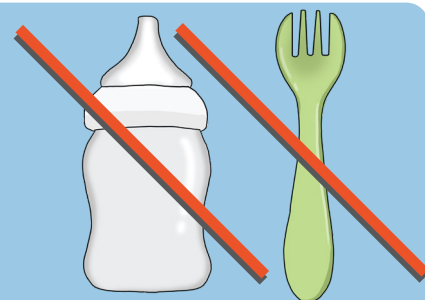
### What bub can eat?

For the first 3 weeks after bub's surgery:

They must only have water, expressed breast milk formula and/or smooth puree with no lumps.



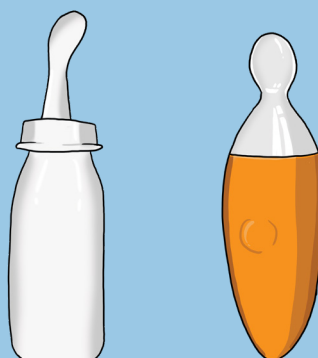
No forks, or baby bottles.







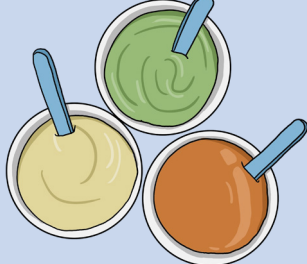
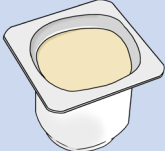





You will be given 2 **Boon spoons** or a **Pigeon bottles with spoon attachment** by PCH. Squeeze the bottle to get the milk or puree out and bub then drink from the spoon. Don't let them sip from the spoon.

**You can find the spoons and bottles at:**

- CleftPALS WA
- baby stores
- pharmacies.



# Special food chart

Level 3 LIQUIDISED FOOD (LQ3)						
<b>What it looks like</b>	Can be eaten with a spoon or drunk from a cup					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Water or strained fruit juice</li> <li>• Fat free clear soup, broths, clear jelly</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Custards 	Cheese or white sauce and gravy 	Baby rice cereal made runny or watery 	Tomato sauce and thin soup like tomato 	Pureed veggies and fruit like baby food 	
<b>Don't give</b>	Cream soups, ice cream, milk, prune juice or juice with pulp, jelly with add fruit anything with fat in it					
Level 4 PUREED FOOD (PU4)						
<b>What it looks like</b>	Smooth with no lumps, not sticky or chewy. Can be eaten with a spoon.					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Strained meat and vegetable soup</li> <li>• Strained fine porridge and fruit juice</li> <li>• Milk, yoghurt (no lumps), thin custard and ice cream</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Flavoured custards Yoghurt 	Cheese, dip or spread 	Wheat biscuit cereal with milk or water 	Baby rice cereal made thicker or creamy porridge 	Mashed or thicker pureed veggies and fruit. Pureed meat, lentils or baby food. 	Thicker soups like pumpkin 
<b>Don't give</b>	Lollies, yogurt with lumps, unblended soups					

Bub will have a follow up appointment at PCH 2 – 3 week after the procedure. At this appointment the doctor will let you know when bub can eat their normal food.

## Signs of infection

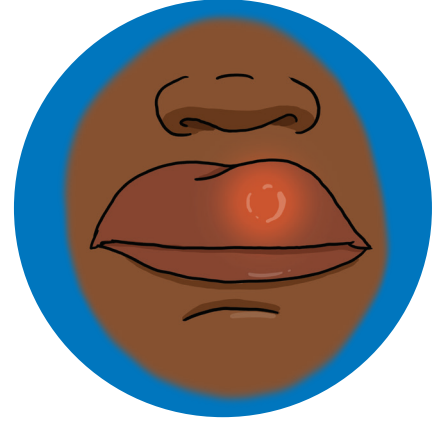
You need to look out for the following signs of infection:



Temperature



A strong smell, bleeding or oozing from their mouth or their lip



More swelling or redness around their mouth or their lip

If you have any concerns about bub after going home, see a GP, health clinic or call the Plastics Ward at PCH on 6456 2222 or go to the Emergency Department.

## Pain relief

If bub is in pain give them paracetamol (Panadol).



### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions

## Follow up appointment

A **follow up appointment** will be posted to you after their procedure.

If you do not get the appointment or need to change your appointment, call PCH on 6456 2222 and ask for the plastics nurse.



Government of Western Australia  
Child and Adolescent Health Service

### Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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