

IN CARE OF KIDS



Cleft Lip and Nose Revision in the Older Child

Before the Surgery:

- Your child's surgeon will talk with you about the best surgical approach for the lip/nose revision.
- Please don't give your child any ibuprofen products (such as Motrin®, Advil®) for one week before surgery.
- A Surgery Scheduler will call you a few days before surgery to let you know what time your child should stop eating and drinking, what time to come to the hospital pre-op area and the time of surgery.
- If your child is sick anytime during the week before surgery, call your surgeons office or nurses in the Cleft Lip and Palate Program, to make sure the surgery doesn't need to be rescheduled. The nurses are available Monday through Friday for any concerns/ questions you might have before the surgery.

After the Surgery:

- Your child will be watched closely in the Post Anesthesia Recovery Unit (PACU) for 1-2 hours after surgery. As soon as your child is awake, the PACU nurse will call you to join them.
- This type of surgery is often done as an outpatient surgery, which means your child should be able to go home the same day of the surgery.
- Your child may need to stay in the hospital overnight. Parents/guardians are allowed to stay in the room with the child.
- Each room is a private room with its own bathroom. Parents/guardians should remember to bring their own clothes to sleep in as well as toiletries.
- You should make sure you have childcare for siblings while your child is in the hospital.

Lip Care after Surgery:

It is normal to see some drainage, such as blood and yellow fluid, from the incision site (lip/nose) after surgery. This drainage usually happens in the first 24 hours after surgery. You will be taught how to take care of your child's wound before going home.

If the surgical site has Dermabond and/or dissolvable stitches:

1. Keep the incision site dry and intact. You may clean around the area with soap and water to get rid of crusted drainage. Then pat dry. Don't use soap on the incision site if Dermabond was used on the site. This can cause the Dermabond to loosen before the wound is healed.
2. Don't use peroxide or ointment on the incision site if Dermabond was used on the site. This may cause the Dermabond to loosen before the wound is healed.

If your child doesn't have a dressing on the lip and the stitches aren't dissolvable:

1. Using water and a mild soap, wash the bloody drainage from the edges of the lip and cheeks to get rid of most of the drainage. A soft cloth can be used to get rid the drainage.
2. If there is a lot of crusted drainage at the incision line, you may use ½-strength peroxide to clean the site. You can make ½ strength peroxide by mixing equal parts of water and hydrogen peroxide. Gently clean along the incision line. DO NOT scrub across the stitch line.
3. Put topical antibiotic ointment on the visible stitch lines on the skin to keep the wound moist. You may apply the ointment using a Q-tip or your finger.

Mouth Care:

Please don't let your child to brush their teeth at the surgical site because this can affect the stitches.

Please supervise your child while they brush their teeth.

Nose Care:

- There will be stitches put in or around the nose at the time of surgery. A splint may be put over the nose to keep it in the proper shape. This is called a Denver Splint. The splint needs to be left in place at all times. If the splint comes loose, you may put on extra tape to hold the splint in place. Band-Aid tape or another skin tape may be used.
- Your child may have nasal packing inside the nose. The packing needs to stay in place until the surgeon or someone in the surgeons' office takes it out. You can use a humidifier in your child's room to make breathing easier and to help keep the nasal packing from drying out. Your child will be prescribed an oral antibiotic to be taken while the packing is in place.
- Your child may have a nostril retainer called a Koken Splint put in their nostrils during surgery. This clear splint is stitched to the base of the nose and should be left alone until the first post-op visit. You may use extra skin tape as needed to secure the "wings" of the splint. You may be told to put 1-2 drops of normal saline solution into the opening of the splint 3-4 times a day to keep the splint open and free of nasal drainage.
- Nasal drainage can be expected for 3-4 days after the surgery. It can have some blood in it or be discolored. A small gauze pad may be put under the nose to soak up drainage. The drip pad can be changed as needed. If needed, your child can sniff secretions but shouldn't do anything that will cause greater pressure in the nose as the repair is healing. DO NOT let your child blow their nose.
- To keep swelling down and make your child more comfortable, use pillows to prop your child up to a sitting position in bed. Ice bags or cool washcloths may also be put on the face as tolerated for comfort.

Food after Surgery:

- Right after the surgery, your child will only be able to have clear liquids such as apple juice, Popsicle's, Jell-O and broth.
- Once your child can handle the clear liquids they can go back to a normal diet. Don't give your child crunchy food that they need to bite into as this may affect the stitches at the surgical site.

Author: Cleft Palate Team

Approved by Patient Education Committee

Valid through 2019

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

Medicines after Surgery:

- Your child will usually go home on acetaminophen (Tylenol®) as well as a narcotic pain medicine such as oxycodone. Depending on your child's surgeon, you may be able to use ibuprofen (Motrin®, Advil®).
- If antibiotics are ordered after surgery, please be sure to follow the directions carefully. Your child may need to take an oral antibiotic if a Koken splint and/or packing remain in place.

Call with any Questions/Concerns or If your Child:

- Has a fever greater than 101°F that does not go down with Tylenol.
- Has an injury to the surgical site.
- Has bleeding that doesn't stop when you put gentle pressure to the site.
- Has double vision or blurred vision.
- Can't keep down clear liquids down due to nausea or throwing up. Your child should be going to the bathroom 3-4 times a day.
- Has a rash or increasing red areas on the skin.
- Has swelling or redness at the incision site. Swelling and some redness are normal for the first week after surgery but should lessen later in the week.

For Any Concerns or Questions Please Call:

- The Cleft Nurse at 720-777-5364 Monday through Friday 8-4:30pm.
- Your surgeon's office.
- To reach the ENT office after hours, please call 720-777-8501.
- To reach the plastic surgery office after hours please call 720-777-1234 and ask to speak with the plastic surgeon on call.

Follow-Up Appointment:

Your child should be seen for a follow-up appointment 1-2 weeks after surgery. Then 4-6 weeks after surgery with your surgeon.

If follow-up appointment is not with a Children's Hospital Colorado doctor, please call your doctor's office for an appointment.

- To schedule a post-op appointment in 1-2 weeks please call Kathy at 720-777-3880.

To schedule a post-op appointment in 4-6 weeks with your child's surgeon please call:

- Plastics Office 720-777-6409 option #1
- ENT Office 720-777-8501

For all other questions, please call the Cleft Clinic at 720-777-2572.