

Post Operative Home Care Instructions for Dr. David Khechoyan

Pediatric Plastic Surgery and Craniofacial Plastic Surgery

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Primary Lip Repair

Hospital Admission and Immediate Post Operative Recovery Period: What to expect.

1. Your child will stay overnight in the hospital following the primary cleft lip and nose repair.
2. Your child will be admitted to the Pediatric Hospitalist team. The team and Dr. Khechoyan will follow your child while in the hospital.
3. You may start feeding your child from his/her home bottle immediately after surgery as tolerated.
4. The nurses on the ward will teach you how to care the lip incision site and the nostril splint (if present).
 - a. Clean the site with 4 Q-tip applicators dipped in normal saline
 - b. Roll the Q-tip over the upper lip incision line to remove dried blood and the accumulated antibiotic ointment.
5. There is no need for "No-No's" (arm restraints) following the primary lip and nose repair. Please avoid the use of pacifiers.
6. Criteria for Discharge
 - a. Stable patient with normal vital signs and no fevers
 - b. Adequate pain control with oral pain medications
 - c. Adequate oral intake with formula or breast milk
 - d. Parents comfortable with incision care and feedings
7. Discharge Medications
 - a. Tylenol
 - b. Oxycodone or Lortab
 - c. We encourage you to transition to Tylenol and off the narcotic as soon as tolerated (usually 2-3 days after surgery)
8. Home care Instructions
 - a. Clean the lip incision site daily or more frequently as needed to remove the accumulated dried blood from the incision site and the nostril conformer (splint)
 - b. Clean with clean bottled water (rather than saline); roll the Q-tip over the incision site to remove dried blood and residual antibiotic ointment or vaseline
 - c. Apply topical bacitracin to the lip incision site twice daily (minimum) for 3 days. Then discontinue the antibiotic ointment and apply Vaseline to keep the incision site moist (apply at least twice daily).

- d. The upper lip should be cleaned as often as needed to keep the site free of dried blood and secretions.
- e. Your child may have a bath 24 hours after surgery. The lip incision site may be washed gently with run down baby shampoo and the pad of your fingertip.

9. Follow up: Outpatient Care

- a. Your child will follow up in the clinic on day 5 or 6 for a wound check and suture removal if needed.
- b. Nostril conformers will be kept in for approximately 1 month as tolerated by your child. The nose conformers are loosely stitched in place.
- c. After the upper lip sutures are removed. The lip will be taped across the incision fir 0.5 inch 3M hypoallergenic white or tan tape. The tape will be provided to you at the clinic visit.
- d. The tape should stay on the upper lip as much as possible for the first month (night and day) to assist with scar maturation and to prevent thickening of the lip scar.
- e. You may start scar massage of the lip incision site once the site has adequately healed. This is usually 2-3 weeks after surgery. This is done 3-4 times a day for approximately 5 minutes as tolerated. Apply vaseline to the scar and grasp the upper lip gently between the thumb and index finger of your dominant hand, Rub the scar the entire length of the scar up and down and in a circular motion. Most infants are fussy the first few times the site is massage but will become more tolerant over time. You may give Tylenol prior to the massage if needed for fussiness.
- f. You should continue with scar massage as above for approximately 3-6 months. If the scar becomes thickened despite massage, Dr. Khechoyan might recommend application of a silicone sheet/dressing (Cica Care) or massage using a silicone based cream (scar fade or Biocorneum).
- g. Protect the surgical site from direct sunlight by using an infant safe sunscreen and applying a hat when outside
- h. Your follow up visit should be scheduled with Dr. Khechoyan at the time of the scheduled surgery. If you do not have a follow up appointment, please call Kathy Vavrina at 720-777-6409. If your child has a nasal conformer, it will be removed by Dr. Khechoyan at this visit.
- i. If you have concerns about your child after discharge home, you may call Dr. Khechoyan's office at 720-777-6409 to schedule a clinic appointment or to speak to Dr. Khechoyan , one of the nurses, or the on call provider.