



Cleft Lip and Palate Aftercare Instructions

Cleft Lip and Palate Repair Aftercare

Pain Relief

- Your child will receive pain relief medication at the hospital, such as ibuprofen, paracetamol, or morphine, either through a drip or as a liquid by mouth.
- Paracetamol and ibuprofen should also be kept at home in case you run out of your pain relief medication.
- During the first two weeks after surgery, following your cleft team's recommendations, you should give your child regular pain relief.
- Suppose you give your child any over-the-counter medications, including aspirin, antacids, or cold remedies, without consulting your cleft team. In that case, they may interfere with the pain relief medication or cause bleeding.

Mouth Care

- You should keep your child's mouth clean and free from scabs, as this helps remove stitches and heal the scar.
- To clean your child's teeth and gums, use a gauze pad dipped in plain water or a small alcohol-free mouthwash mixed with water. Do not use a toothbrush for three weeks.
- You should have your child drink water after eating to rinse their mouth and prevent food from sticking to the stitches.
- In the first few weeks after surgery, your child should not use a dummy/comforter, pacifier, or bottle.
- If you notice any signs of infection, such as fever, swelling, pain, or not feeling like eating, you must immediately inform your cleft team or GP.

Drinking and Eating

- Your child may have difficulty drinking and eating after [Cleft Lip surgery](#), so you should frequently offer them small amounts of fluids and soft foods.
- You should avoid giving your child any hot, spicy, acidic, or hard foods that may irritate or damage their mouth.
- When feeding your child, use a syringe, spoon, or cup instead of a straw or bottle. Straws and bottles can create pressure in the mouth and make things difficult for your child.
- You should cut your child's food into small pieces and encourage them to chew with their back teeth, away from the stitches.
- Make sure you keep an eye on your kid's weight and growth. If you feel something needs to be corrected, contact your cleft team or GP for advice.

Activity and Sleep

- Your child may be tired and irritable after surgery, so you should allow them to rest and sleep as much as they need.
- Avoid things that might make your kid cry, laugh, or strain their mouth. For example, don't watch funny videos, play with balloons, or blow bubbles.
- Avoid any contact sports, heavy lifting, or strenuous exercises that may injure your child's mouth or cause bleeding.
- When your child sleeps, elevate their heads with pillows or wedges to reduce swelling and bleeding.
- As a result of pain relief medication and the scar, your child's skin may be more sensitive to the sun when outside.



If you have any questions or concerns, please contact Iran Health. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

