

Instructions for Before and After Revision Cleft Lip/Palate Surgery

What to expect: You may have soreness, bruising and swelling for several weeks. You may notice drainage inside your mouth and/or nose for a few days.

***IMPORTANT*:** If you are currently taking any type of birth control, the antibiotics given during and after surgery may interfere with the effects of birth control. You should use a second method for one month after surgery.

SIX WEEKS BEFORE SURGERY: No smoking, nicotine, or tobacco products for 6 weeks before and 6 weeks after surgery. Failure to abstain from tobacco and nicotine products may result in your surgery being postponed or canceled as this complicates the healing process.

TWO WEEKS BEFORE SURGERY: Discontinue Aspirin and aspirin-like products, ibuprofen (Advil/Motrin), Naprosyn (Aleve), Vitamin E, Omega-3, Omega-6, Flaxseed Oil, weight loss supplements (both over the counter and prescription), and herbs like Ginko Biloba, St. John's Wort, and Ephedra. Have other vitamins or herbs cleared with our office. You may take Tylenol (acetaminophen) as directed, at any time prior to surgery.

*****MAOI medications** – You MUST be off any MAOIs for a total of 10 days prior to surgery. Contact your prescriber to be instructed on tapering off the medication prior to surgery.

DAY OF SURGERY: Do not eat or drink anything after midnight the evening before surgery, unless otherwise directed by the anesthesiologist.

AFTER SURGERY CARE:

- Your greatest discomfort usually occurs the first 24-48 hours after surgery. During this time, take all medications prescribed by your surgeon as directed. You may be prescribed narcotic pain medications, which should only be used if absolutely necessary. It is helpful to take pain medications with bland food to avoid nausea, which may occur if taken on an empty stomach.
- Sleep with your head elevated on several pillows or reclined in a chair for 1 week after surgery to decrease swelling.
- You will need to avoid all solid foods for 3 weeks after surgery. Put soft foods in a blender and puree all foods until seen in clinic and cleared at follow-up visit.
- Drink plenty of non-caffeinated beverages to stay hydrated.

AFTER SURGERY ACTIVITY AND HYGIENE INSTRUCTIONS:

- Use Peridex mouth swish or mouthwash of your choosing after surgery. If using non-Peridex brand, dilute the mouthwash in half with water. Swish gently after meals and before bed.
- Walk every hour while awake to prevent blood clots.
- Do not resume vigorous activity until cleared by your surgeon.
- Do NOT blow your nose and do NOT put anything in your nose. Stand in the shower or use steam to loosen/clear any nasal secretions.
- Do not smoke or use nicotine or tobacco products for 6 weeks as this delays the healing process.

WOUND CARE:

- Peridex/mouthwash is the only thing you need for wound care, in addition to pureed or liquid diet for 3 weeks.
- OK to brush teeth after surgery but avoid the incision lines and stitches.
- Do not use straws or suction devices until cleared at clinic visit as this can cause your incisions to break open.
- Do not apply ointment to your incisions unless instructed by your surgeon. If surgical glue is used, ointment can cause it to dissolve too early.

NOTIFY YOUR SURGEON IF:

- You begin to experience a lot of nasal or intraoral drainage rather than having drainage taper off after a day or two.
- You develop a fever greater than 101 that lasts more than 24 hours.
- You develop excessive swelling, redness, or warmth of incisions.
- You experience severe pain not responding to scheduled over-the-counter pain medication.
- You develop thick, odorous drainage or bleeding that does not subside.
- You experience shortness of breath.

If you have concerns after hours, contact our office at 417-875-3246 and an operator will page the on-call surgeon for you.