

## Medical Center

(804) 828-3042

In the tradition of the Medical College of Virginia

### Getting Ready for Cleft Lip Surgery

Be at the hospital 2 hours before your surgery time.

#### Eating Before Surgery

- Your child can eat food or have a bottle up to 6 hours before surgery. This means if surgery is planned for 7:30 AM, the last meal should be finished by 1:30 AM.
- You can give your child clear liquids or breast milk up to 3 hours before surgery. Examples of clear liquids are apple juice, Pedialyte, and water.

#### What to Bring to the Hospital

- Wear comfortable clothes and leave any valuables at home.
- Photo ID is needed.
- Favorite blankets, stuffed animals, toys, music CD's will help comfort your child. CD players are available.
- If your baby uses special bottles or nipples bring them with you.
- You do not need to bring diapers or formula.

#### Where to Park

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The closest and easiest choice is valet parking - \$5 per day

If you don't mind a short walk, you may self-park in the Visitor's Parking Deck -\$2 per day. (Don't forget to validate your parking ticket at the information desk at the Gateway Building or Ambulatory Care Center).

### Preparing for Surgery

- Your child will change into a hospital gown.
- Any final paperwork will be completed.
- You will talk with your child's pediatric anesthesiologist. This is the doctor who gives your child the medicine used to put your child to sleep before the surgery and keeps your child safe and comfortable during the operation.
- Nothing painful will be done to your child while awake.
- Your child will be given medicine through a special mask to go to sleep. Once asleep, an IV will be placed.

### During Your Child's Surgery

- You will get a pager – you do not have to sit in the waiting room. Eat breakfast or take a walk around the hospital.
- The nurse in the operating room will call you to let you know when the operation starts. The nurse will call you every hour during the operation to give you updates.
- Dr. Rhodes will talk with you once your child is safely in the recovery room.

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- After a period of time, your child will be moved to a hospital room. You will be with your child as soon as possible.

### What to Expect After Cleft Lip Surgery

#### In The Hospital

- Your child may be fussy upset, or crying when he awakes. This is normal. During the surgery your child gets medicine so his lip will be numb and not hurt. This usually lasts all day.
- Your child will be given medicine - Tylenol and Ibuprofen - while the lip is still numb to make sure he or she is comfortable.
- On your child's finger or toe is a sticker with a red light. This is called a pulse oximeter. It makes sure your child is getting enough oxygen.
- Your child will receive IV fluids after the surgery. Even if your baby is fussy and does not drink much, he or she will be well hydrated.
- Your child may spend one night in the hospital.
- You do not have to do anything special to take care of the surgical site. There are no stitches – you can wash the lip area the same as the rest of your baby's, face.

#### Eating After Surgery

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- Your child may not eat or drink as much as usual for a few days.
- He is allowed to eat and drink the same way as before the surgery. Bottles with any type of nipples, cups and baby spoons are safe to use
- Dr. Rhodes does not recommend “no-no’s” or any type of arm restraints.
- Using a pacifier is OK.

### Getting Back to Normal

- Make sure you have Children’s Tylenol, Children’s Ibuprofen, and saline nasal spray at home.
- Your child will likely get a stuffy nose after the surgery. Some parents have found that squirts of saline nasal spray help to keep their children comfortable. A humidifier can be helpful in the post operative period; or, some parents run a hot shower to get the bathroom steamy, and hold their child in the bathroom for a few minutes.
- If there is nasal crusting, gently use a Q-tip and some plain saline to help clear the nostril.
- Dr. Rhodes recommends giving alternately both Children’s Tylenol and Children’s Ibuprofen for 5 days while they are awake.
- Some children have trouble sleeping through the night after surgery. For the first few days, give your child lots of love and understanding. After a week or so, many parents try to re-establish their child’s pre-surgery routine.

***Do not hesitate to call us if you have any questions or concerns 804-828-3042***

# VCU

V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

## Medical Center

In the tradition of the Medical College of Virginia

Jennifer L. Rhodes, M.D.

Ruth Trivelpiece, M.Ed.

## Medical Center

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### What to Expect After Pediatric Plastic Surgery

#### In The Hospital

- Your child may be fussy upset, or crying when he awakes. This is normal.
- Your child will be given medicine to make sure he or she is comfortable.

#### Eating After Surgery

- Your child may not eat or drink as much as usual for a few days.
- He is allowed to eat and drink the same way as before the surgery. Bottles with any type of nipples, cups and baby spoons are safe to use
- Dr. Rhodes does not recommend “no-no’s” or any type of arm restraints.
- Using a pacifier is OK.

#### Getting Back to Normal

- Make sure you have Children’s Tylenol and Children’s Ibuprofen at home.
- Some children have trouble sleeping through the night after surgery. For the first few days, give your child lots of love and understanding. After a week or so, many parents try to re-establish their child’s pre-surgery routine.

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