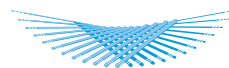




# *Care of the Child with a Cleft Palate*

*Information to prepare for surgery*



COUNTIES  
MANUKAU  
HEALTH

## Surgery

Surgery involves an operation to the palate (roof of the mouth) involving the hard and/or soft portion.

Our aim is to repair the cleft palate at 10-12 months of age, although timing of this operation may differ for each child.



## Before Surgery

A preadmission clinic appointment may be arranged prior to surgery. This involves a house surgeon checking your child's general health. Your child's surgeon will not be present at this appointment but the nurse will be able to answer any questions you may have.

## Admission

You will be notified by a Theatre Coordinator of the time and date of admission for surgery. Admission to Kidz First Surgical Unit is usually on the morning of surgery. If you live out of Auckland, it can be arranged that you are admitted the day before. It is important for a child's safety that they do not have anything to eat or drink (nil by mouth) including water before surgery.

The nurses will let you know what time your child will have their last feed/drink before their surgery. The time of this will depend on when your child will go to theatre that day.

The time of surgery will depend on the age of your child and the other children on the surgical list for that day. Usually the youngest child on the surgery list will go first.

## After Surgery

After surgery a nurse will stay with your child to check their comfort and physical wellbeing. Regular pain relief medication will be given to relieve any discomfort. Once your child is comfortable, eating and drinking well you should be able to go home. Your stay in hospital will be about 1-2 days.

One parent or caregiver may stay in hospital with your child.

Please see the ward clerk in Kidz First for information about free car parking for the duration of your child's stay.

Any questions regarding your child's stay in hospital please contact the Cleft CNS.

## Arm Splints

Arm splints must be worn for 3 weeks after surgery and are provided for your child on admission to the hospital. These are to prevent your child from putting objects such as fingers or toys into their mouth and injuring the surgical site. They are made with velcro to hold them in place and can be easily taken off to wash or dress your child.



## Eating and Drinking After Surgery

Due to the long lasting local anaesthetic used at the time of surgery your child may be given fluid to drink via syringe for the first 24 hours. This is dependent on surgeon preference.

The next day you may continue to feed your child using your usual specialised cleft bottle/teat that you have discussed with your Speech Language Therapist. If your child has a small cleft of the soft palate and you have been able to breast feed prior to surgery, you may be able to continue breast feeding after surgery. This will need to be discussed with the surgeon after surgery.

If your child is having solids these need to be very soft and smooth with no lumps and fed to your child using a soft spoon. This is to prevent any damage to the surgery site.

It is common for children to prefer sloppy solids after surgery. Adding their regular milk to the solids makes it sloppy and is a good way of giving extra fluid to your child after surgery. Small regular meals are best.

Do not give your child crackers, toast or any other hard food for 3 weeks to prevent damage to the surgical site. Your child must avoid sucking for 3 weeks so do not offer straws, sipper cups or “sports bottles” to your child. This is to avoid causing negative suction which could break the sutures present on the roof of the mouth.

It is recommended to give your child a drink of water after meals as a way of rinsing their mouth.

## Follow Up Appointments

A post-operative appointment will be made approximately 6 weeks after surgery to check the surgical site has healed.

## On-going Treatment

Your child will be regularly seen in the Cleft clinic and assessed by our team. Ongoing Cleft clinic appointments are 1-2 yearly. It is important to attend all appointments as each child is unique and it is not possible to predict exactly what care may be necessary in the future. Along the way as your child grows cleft related problems may arise that need reviewing by your Cleft team.

If you have any concerns or wish to see a member of your child's Cleft team earlier please contact the Cleft Clinical Nurse Specialist.



## For Parents - When to see your GP

- If your child is in pain and pain relief does not seem to help
- If there are signs of infections such as redness, swelling, oozing or odour from the operation sites
- Your child is not eating or drinking
- Fever
- Bleeding from the operation sites

**If you have any concerns  
please contact the Cleft  
Clinical Nurse Specialist**

### Contact Details:

Cleft Clinical Nurse Specialist  
09 276 0044 ext 58922  
021 574 434

# Map of Middlemore Hospital

## Middlemore Guide

 Rainbow Corridor

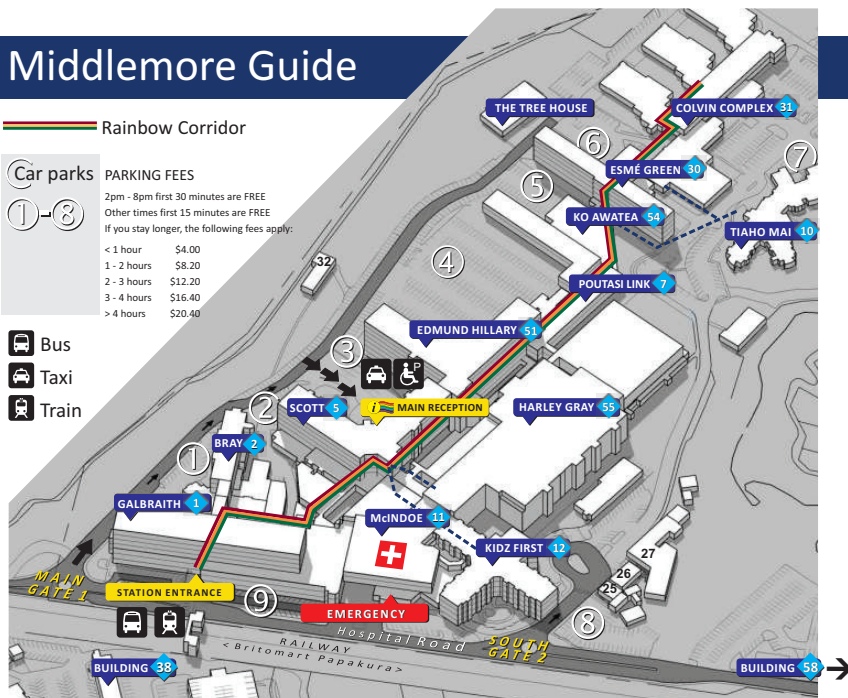
### Car parks



### PARKING FEES

2pm - 8pm first 30 minutes are FREE  
Other times first 15 minutes are FREE  
If you stay longer, the following fees apply:

< 1 hour	\$4.00
1 - 2 hours	\$8.20
2 - 3 hours	\$12.20
3 - 4 hours	\$16.40
> 4 hours	\$20.40



### Main Reception

  Cashier • Spiritual Centre (Main Gate 1)














### Emergency

Emergency  all ages (on Hospital Road)

### Kidz First

Children's Hospital (South Gate 2)

### BUILDING

-  **Galbraith**
-  **Bray**
-  **Scott**
-  **McIndoe** *via Scott*
-  **Harley Gray**
-  **Edmund Hillary**
-  **Poutasi Link**
-  **Ko Awatea**
-  **Esmé Green**
-  **Colvin Complex**
-  **Tiaho Mai**
-  **Building 38**
-  **Building 58**

### SERVICES

Radiology\* • Birthing • Maternity • GynaeCare • Early Pregnancy • Wound Care • Manchester Suite  
Bereavement Care • Middlemore Foundation  
Wards 1 - 11 • Coronary Care • Cardiac Catheter Laboratory • Cardiac Step-down • Oral Health  
National Burn Centre • Middlemore Central • Staff Centre  
Critical Care • Neonatal Care • Operating Theatres • Medical Assessment  
Wards 31 - 35 • Koropiko • Haematology • Gastroenterology • Cardiac Investigation • Discharge Lounge  
Eligibility • Car parking  
Ko Awatea Centre  
Middlemore Clinical Trials • University of Auckland • M.I.T. • A.U.T.  
Wards 22/Tui, 23, 24 • Rehabilitation  
Huia • Kuaka  
Whitiora • Home Health Care • Renal Self Care  
MRI + CT scans\*

\* Radiology services are in two buildings.  
Please check your destination.

Questions

Reminder Lists

Questions

Reminder Lists

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

# Counties Manukau Health Values

*We aspire to live and breathe our values every day as the foundation of our strategic goal to achieve health equity for our community:*



**VALUING EVERYONE** – Make everyone feel welcome and valued

**KIND** – Care for other people's wellbeing

**TOGETHER** – Include everyone as part of the team

**EXCELLENT** – Safe, professional, always improving

## *The Code of Rights*

This means that you should have

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1. Respect and privacy      | 6. Information                       |
| 2. Fair treatment           | 7. Your choice and decisions         |
| 3. Dignity and independence | 8. Support                           |
| 4. Proper standards         | 9. Rights during teaching & research |
| 5. Effective communication  | 10. Your complaints taken seriously  |



---

Artwork supplied by Hilary Meehan at Hilary's Studio



[countiesmanukau.health.nz](https://countiesmanukau.health.nz)

Form code: PLAS029 Review Date: January 2021