Discharge advice for parents whose baby has had repair of a palatal fistula

1. Give a sloppy diet for 2 weeks and then introduce foods that are soft, avoiding hard foods (such as toast, biscuits, apples) for a further 2 weeks.
2. To help prevent infection and to keep the stitches clean, you should give a drink of clear fluid after all meals/milk for 2 weeks after the operation.
3. Giving medicine regularly to relieve pain is important to keep the pain under control. Your Nurse Specialist and the ward nurses will give you advice about this.
4. To prevent damage to the wound try to keep your baby’s hands from their mouth. Also, all toys played with should be soft, again to prevent damage to the wound if toys are put in the mouth. This advice should be followed for 4 weeks after surgery.
5. Stitches in the palate are dissolvable. This process may take several weeks before all the stitches have disappeared.
6. An outpatient’s appointment for your baby to be seen in the Combined Cleft Clinic 3 months after the operation, will be sent to you in the post.
7. Contact telephone numbers to use if you are worried about your baby are below.

Nichola Hudson - 0771 780 5724
Maureen Warren - 0771 780 5721
or Sarum Ward on 01722 336262 ext. 2560/2561