

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

# Department of Plastic and Reconstructive Surgery Ward L5

## Patient Discharge Information

### Cleft Lip Repair

## Document history

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## Discharge information

You will be discharged from hospital approximately three to five days after your operation.

By the time of your discharge you can expect to be eating soft diet. You can progress to normal solid diet within three to four weeks.

Take care not to cause damage when brushing your teeth. Continue to drink plenty of fluids, particularly after eating. This will help keep the mouth clean. Avoid hot drinks for as long as your consultant advises you to.

You may or may not have nasal stents. If you do you will be given or sent an appointment to return to the ward or Clinic 7 for the removal, usually within five to seven days. This is a simple procedure.

Stitches will dissolve in time and therefore do not need to be removed. You may swallow these stitches or spit them out, either way they will not cause you any harm.

Depending on your type of work it is recommended you have approximately two to three weeks off work. The ward can issue you with a sick certificate upon request or you can obtain one from your GP.

**Follow up-** An appointment will be sent to you in the post to attend the out-patients department in 6-12 weeks time to see a fellow consultant or a member of his/her team.

## Discharge advice

**After care-** Apply polyfax ointment to the stitch line and massage three times a day for two weeks. This will keep the scar soft and supple.

**Pain Relief –** Some discomfort after surgery is to be expected. You may have been given pain killers on discharge. Continue taking these as instructed on the packet. If you did not receive pain killers on discharge, it may be because you did not require any at this time. In this situation, if you do require pain relief paracetamol is advised.

**Driving –** You should avoid driving for two to three weeks unless instructed otherwise by your consultant. You should check this with your insurance company to confirm your insurance remains valid.

**Household Chores –** You are advised to refrain from any heavy pulling and pushing and such activities as vacuuming, pushing shopping trolleys and hanging out washing and bending. These activities need to be re-introduced gradually.

## Complications

It is important for you to be aware of the signs and symptoms of wound infection.

These may include

- Redness
- Swelling (particularly along the stitch line)
- Fever
- Wound discharge
- Pain that is not helped by your usual pain killers or gets steadily worse.

If any of these symptoms occur, contact your local GP or ward L5 on **01223 348503** for advice. If an infection does occur, antibiotics may be prescribed.