Cleft lip and palate timeline

The following is intended to provide parents with a general overview of expectations before surgery.

Expectations before surgery:

<table>
<thead>
<tr>
<th>Birth</th>
<th>3-6 months</th>
<th>9-12 months</th>
<th>3-5 years</th>
<th>7-10 years</th>
<th>12-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lip repair</td>
<td>Palate repair</td>
<td>Lip and nose revision/ palate and throat surgery</td>
<td>Closing of gum line with bone grafting (from hip)</td>
<td>Jaw surgeries/further lip and nose revisions</td>
<td></td>
</tr>
<tr>
<td>• Feeding without issues.</td>
<td>• Weight gain sufficient for surgery (more than 8 pounds).</td>
<td>• Beginning weaning off pacifier and bottle.</td>
<td>• Speech development; we will watch for air coming through the nose while speaking, or hypernasal. This can occur because of VPI (velopharyngeal insufficiency), which can make a child difficult to understand. We will monitor your child’s progress closely. A speech therapist will assist with your child’s development.</td>
<td>• We will follow your child closely with an orthodontist to make sure we put the bone graft in the gum line right when your child’s adult teeth are coming in.</td>
<td>• We will follow your child with an orthodontist to determine whether jaw surgery is needed to help match the jaws together. This is called orthognathic surgery; sometimes we have to work on both jaws to get them to line up.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Use of sippy-cups without rubber pieces.</td>
<td>• Ability to drink or eat without leakage from nose.</td>
<td>• Peer issues with nose and lip appearance.</td>
<td>• During this time, the face skeleton has fully matured and we will discuss any further scar, lip or nose revisions you would like. We usually do these “touch-up” surgeries after the jaw surgeries.</td>
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<tr>
<td></td>
<td></td>
<td>• Stage 2 diet (applesauce-consistency diet) and eating with a spoon.</td>
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</tr>
</tbody>
</table>

Each child and cleft is different. We may make adjustments to fit your child’s specific needs.

For questions or concerns, please call 859-257-8143.
Cleft lip and palate timeline

The following is intended to provide parents with a general overview of what to expect after surgery.

What to expect after surgery:

<table>
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<tr>
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- Usually performed as outpatient surgery.
- Regular feeding from bottle is fine.
- Use of arm restraints until clinic post-op appointment one week following surgery.
- A 23-hour observation.
- Syringe feeding, sippy cup, Stage 2 diet for 2 weeks.
- Use of arm restraints until clinic post-op one week following surgery.

**For lip and nose revisions:**
- Performed as outpatient surgery.
- Regular diet.
- Clinic follow-up one week following surgery.

**For palate and throat surgery:**
- A 23-hour observation.
- Stage 2 diet for two weeks.
- Resume speech therapy in two weeks following surgery.

**For jaw surgery:**
- Either done as outpatient surgery or 23-hour observation, depending on how much needs to be done.
- Depending on the surgeon and surgery, the jaws may be wired together for several weeks.
- Liquid diet.

**For lip and nose revisions:**
- Performed as an outpatient surgery with a clinic follow up the next week.
- Regular diet.

Each child and cleft is different. We may make adjustments to fit your child’s specific needs.

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