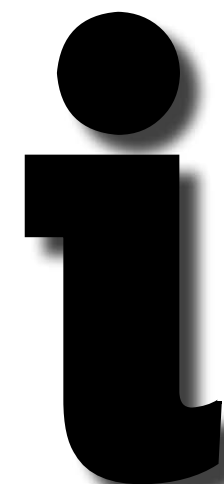




Discharge advice for parents whose child has had repair of a palatal fistula (page 1 of 2)

The hospital experience is strange and unsettling for some children, so do not be surprised at changes in behaviour when you get home – for example, your child may be more clingy, easily upset, or have disturbed sleep. It is usual for babies to take 2 or 3 weeks to get back into their usual sleep routine, especially if they have previously slept through the night.



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

1. Give a soft diet for 2 to 3 weeks, and then return to a normal diet.
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. Your nurse specialist and ward nurses will give you advice about this.
4. To prevent damage to the wound try to keep your child's hands from their mouth for 2 weeks after surgery.
5. Stitches in the palate are not removed but are dissolvable. This process may take several weeks before all the stitches have disappeared.
6. Sometimes rather than joining the fistula edges together the surgeon may need to use a synthetic material to fill in the opening or take a small amount of ear cartilage to fill the gap. If ear cartilage is used then your child will have small scar behind the ear (the stitches are also dissolvable). The surgeon will discuss this with you before the operation.
7. A weeks course of antibiotic medicine is given to help prevent any infection
8. **Please note** – On discharge from hospital we recommend that an adult sits next to your child in the car. This is so your child can be observed on the journey home to ensure their safety after surgery.

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Date written: 2003
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Code: PI0675

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 **0771 780 5721**

 **01722 336262 ext. 2560 or 2561**

Record of medicines to take home:

| | | | | |
|---|-------------------|-------------------|-------------------|-------------------|
| Name of medicine | | | | |
| Strength of medicine | | | | |
| Dose of medicine | | | | |
| How often? | Every hours | Every hours | Every hours | Every hours |
| Date and time of last dose, before leaving hospital | | | | |
| When is the next dose due? | | | | |
| Special directions (e.g. before or after food) | | | | |

Other instructions:

Form completed by:

Date:

An outpatient's appointment for your baby to be seen in the Combined Cleft Clinic will be sent to you in the post.

Contact telephone numbers to use if you are worried about your baby are below:

Nichola Hudson ☎ **0771 780 5724**
Maureen Warren ☎ **0771 780 5721**
Sarum Ward ☎ **01722 336262 ext. 2560 or 2561**