



**Listed below are basic questions to ask your Plastic Surgeon at your pre-op appointment for lip repair and/or palate repair.**

- 1.) What are your post-op restrictions for lip repair? How long do they need to be implemented?
  - a) Do you require arm immobilizers (no no's) after surgery? For how long?
  - b) Can we resume bottle feeding right away or should we syringe feed?
  - c) How do I care for my child's repaired lip?
  - d) When do you want to see them after surgery?
- 2.) What are your post-op restrictions for palate repair? How long do they need to be implemented?
  - a) Does my child need to drink from an open cup and/or a spoutless sippy cup with the valve removed? Is a bottle permitted?
  - b) Do they need to be on a puréed diet initially? For how long?
  - c) When can they graduate to soft foods?
  - d) When do you want to see them after surgery?
- 3.) Will my child have to stay overnight for observation?
- 4.) What kind of pain meds do you prescribe after surgery? Narcotic pain relief or alternating Tylenol and Ibuprofen?
- 5.) How long should I expect recovery to last?
- 6.) Do you use nasal stents after lip repair and what is the benefit if so?

- a) Are they stitched in or taped?
- b) What do I need to do to keep them open and clean?
- c) How long do they need to stay in?

7.) Do you recommend scar massage after lip repair?

- a) When is it safe to start?
- b) How long do I need to massage the scar and how frequently?
- c) Is there a particular brand of scar treatment gel you recommend?

8.) Do you have a recommended amount of time for parents/caregivers to ask their place of employment for time off after lip and palate repair?