



## Primary Cheiloplasty and Nasal reconstruction

### Nasal Care

You will have dissolving stitches inside the nose. These will come out on their own, but need to be kept clean with half strength peroxide by soaking cotton swab in solution and then circling that inside the nostrils. If the area becomes exceedingly crusted you can follow each cleaning with small application of antibiotic ointment along sutures. The babies typically have a lot of nasal drainage and congestion following surgery. You can control this with saline nasal spray and use of bulb syringe.

### Lip Care

You will also have stitches and/or Dermabond (skin glue) on the lip and outside the nose area. It is important to clean the lip ***if there are only sutures*** in the area with a cotton swab with ½ strength hydrogen peroxide and water, to keep it free of scabs and crusting. This will help the incision line heal. The nurse will remove non-absorbable stitches in 5-7 days. ***If there is Dermabond (skin glue)*** on the lip incision instead of stitches; you do not need to clean this area. Keep all ointments and lotions off. The glue will begin to dry and flake off the area approximately 7-10 days after surgery, do your best not to pick at this area and let the glue run its own course.

### Scar Care

Once the stitches are removed or glue has come off, you will need to wear tape across the incision all day for 3 months. This will protect the scar from the sun and also holds pressure on the scar helping to keep it from becoming raised as it heals. 2-3 weeks after surgery you will need to start massaging the scar above the lip for 3-5 minutes per day for at least three months or until scar is soft. This will help keep a knot from forming underneath the skin and help prevent the scar from pulling the lip up.

### General

- Infants will wear arm restraints and be cup or syringe fed for two weeks.
- No sun exposure to lip and/or nose. Use SPF of 45 or greater.
- No contact sports or vigorous activity for three months.
- No swimming under water for 3-4 weeks.