

# Treatment and Follow-Up for a Cleft Lip and Palate



## Cleft Palate and Craniofacial Program

4480 Oak Street, Vancouver  
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[www.bcchildrens.ca](http://www.bcchildrens.ca)

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### Birth to School Age

These steps outline the usual treatment and follow up plans. The Cleft Palate/Craniofacial Program will contact you to make arrangements for these assessments, unless otherwise stated.

A baby born with a cleft lip and palate should be referred as soon as possible after birth for care coordination and family education.

### Newborn Nursing Consultation and Follow-Up at Birth:

You and your family will learn about and get support for diagnosis, feeding, and treatment plans. This happens during a visit or by telephone. Nursing consultation is available to the family on an ongoing basis.

### Orthodontic Evaluation - Within the first two weeks:

The cleft lip is assessed and, if needed, your baby is fitted for an orthodontic appliance/nostril splinting and lip taping. Follow-up visits are arranged with the orthodontist.

### Plastic Surgeon Consultation at 4-6 weeks of age:

The plastic surgeon assesses the cleft and begins planning for surgery. The plastic surgeon's office will contact you directly for a consultation appointment.

### Pre-Admission Clinic Consultation 4 weeks before lip repair surgery:

An anesthetist and nurse make sure that your baby is ready to have anesthetic and surgery.

### Cleft Lip Surgery at approximately 4-6 months of age:

This is a 1-2 night hospital stay. The plastic surgeon's office will notify you of the date of surgery for your child.

### Plastic Surgery Follow-Up Appointment:

This happens 6 weeks after the cleft lip repair. This may be done in your own community as directed by the surgeon.

### Cleft Palate Team Assessment at 9-10 months of age:

This appointment happens at BC Children's Hospital and includes time with a pediatrician or nurse practitioner, an audiologist, a speech language pathologist, and otolaryngologist (ear, nose, and throat –ENT). This is a 1-2 day outpatient visit.

### Pre-admission Clinic Consultation:

An anesthetist and nurse make sure that your baby is ready to have anesthetic and surgery. This visit may happen at the same time as the Cleft Palate Team assessment above.

**Cleft Palate and Middle Ear Tube Surgery at approximately 9-12 months of age (or as directed by the plastic surgeon):**

This is usually a 2-3 night hospital stay. The plastic surgeon's office will notify you of the date of surgery for your child.

**Plastic Surgery, Audiology, and Otolaryngology (ENT) re-check:**

This happens 6-8 weeks after cleft palate and middle ear tube surgery. The recheck may be done in the family's own community as directed by your child's surgeon(s).

**Cleft Palate Team Assessment at two years of age:**

This assessment happens at the BC Children's Hospital and includes visits with pediatrics or a nurse practitioner, speech and language pathology, plastic surgery, otolaryngology, and dentistry. This is a two day outpatient visit.

**Regular Team Follow-Up: As directed by team members.**

**For Questions/Concerns, please contact:**

Cleft Palate Program: 604-875-3146

Email: [cpalate@cw.bc.ca](mailto:cpalate@cw.bc.ca)

Nurse Clinician: 604-875-2345 local 7057

Email: [cpalatenurses@cw.bc.ca](mailto:cpalatenurses@cw.bc.ca)

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