

A photograph of a baby sitting on a sandy beach, seen from behind. The baby is wearing a white diaper and is holding a large brown teddy bear. The background shows the ocean and a clear sky.

PREPARING YOUR CHILD FOR SURGERY

WORK WITH YOUR SPEECH PATHOLOGIST

Your speech pathologist will schedule a pre-operative feeding evaluation to target cup drinking skills and help prepare your child for surgery.

Note: Your child may continue to eat solid foods until the night before surgery. Your surgeon will provide specific directions on this.

INVOLVE YOUR CHILD

A few weeks before surgery, start offering your child some liquid and pureed foods to find out which ones they like. Try different foods and recipes so you know what to have on hand after surgery. It may be helpful to freeze soups and pureed foods for after surgery. Engage your child in the process by letting them pick out some new drinks at the store, choose what type of fruit to add to the smoothies, and even turn the blender on and off.

INVOLVE THE FAMILY

Get the whole family involved by serving “soup” or setting up a smoothie bar for dinner. When your child sees everyone else (including you) eating the liquid food, he or she will be more likely to accept it. After surgery, avoid feeding other children or yourself solid foods in front of your child.

GBMC

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