



CLEFT LIP AND PALATE NUTRITION:

Feeding Your Baby After Lip Repair Surgery

Babies recover quickly from a cleft lip repair. In a few days, your baby will be feeding and acting just how they did before surgery.

- Your baby will be able to bottle or breastfeed shortly after surgery.
- Due to the swelling, your baby may need some extra comforting during feeds until he or she adjusts to the lip repair.
- Smaller feedings more often may be needed for the first few days.
- Your baby should not put anything into his or her mouth including a pacifier or hands for two weeks after surgery. Your baby's doctor will tell you when it's safe to give your baby a pacifier again.
- It's important to make sure your baby is getting enough fluid. He or she should be having at least six to eight wet diapers a day.
- You can start solid foods whenever you and your doctor agree that your baby is ready for them. Most babies start solids around 6 months of age.

If you're having trouble with breast or bottle feeding, call your child's speech language pathologist. For questions about formula or breast milk, call your child's cleft dietitian.

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