



## PREPARING YOUR CHILD FOR SURGERY

### WORK WITH YOUR SPEECH PATHOLOGIST

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Schedule an appointment with your speech pathologist four to six weeks prior to surgery for a pre-surgery feeding evaluation. This is only needed if your surgeon wants you to use a special cup or if your child is not taking all fluids from a cup (new to cup drinking). At this appointment, your speech pathologist will work with you to find the best non-spouted cup for your child to use. They will also assist you in developing a plan to help your child be ready to take all liquids from a cup one week prior to 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

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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

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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.

**Note:** For the first 24 hours after surgery, your child may only have clear liquids. This includes fruit juice and broths (chicken, beef, vegetable).

**GBMC**

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