

What patient teaching for management and/or prevention can the nurse do?

- **Use special bottles/nipples designed for cleft, hold baby upright during feeds to reduce aspiration and nasal regurgitation, burp frequently to prevent excessive air swallowing, monitor weight gain closely and keep growth chart records.**
- **Post surgical= keep site clean and avoid pressure, use elbow restraints as ordered to prevent the child from touching sutures, teach parents to watch for infection.**
- **Oral and dental care= stress importance of regular dental and orthodontal appointments, gentle oral care**
- **Speech and hearing monitoring**
- **Psychosocial support**
- **Prevention for future pregnancies= teach importance of adequate folic acid intake, avoid smoking, drinking alcohol, and teratogenic meds during pregnancy, encourage good prenatal care and chronic disease management.**