



*“Improving lives by empowering, advocating & educating all South African’s affected by cleft lip and palate”*

## **What should I pack for my child's cleft lip and/or palate surgery stay in hospital?**

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*Written by Cleft Moms from all over South Africa. **Special Thanks:** To Megan Sampson, Karen Kriek, Roza Cesarina Sousa Freitas, Yolandi Malan, Roxette Labuschagne and Marieke van Heerden.*

- Favourite soft toy or blanket for comfort
- Breast pump if breastfeeding
- Flask with hot water (hot water usually available in kitchen)
- Special needs bottle for feeding before surgery if you are formula feeding. Remember to pack the formula just in case the hospital doesn’t have the same formula you use.
- Extra 20ml syringes for post op feeding. The hospital often supplies one but have a few extras does help the feeding process.
- Own blanket for baby
- Pillow and blankets for mom if you prefer your own over the hospital bedding
- Charger for your phone and adapter.
- Data and airtime to stay in touch with family and friends.
- Snacks and refreshments for mom and baby. Remember baby won’t be allowed anything after the surgery so put anything they are not allowed out of site, especially chips with spices like salt and vinegar.
- Own bath plug if using facilities for parents
- Clothing and toiletries for mom and baby if staying overnight. Clothing with zips, buttons or studs up the front. Avoid “pulling over the head” clothing for baby. It will ensure you don’t hurt your baby when dressing him/her after the surgery.
- Lots of bibs... they drool more than normal after surgery.
- Toys with lights and sound effects to distract them (if they have a private room as not to distract neighbours) and finger puppets, a story book with tactile (touchy/feely) pages (if age-related) especially while waiting to go into surgery when he/she hasn’t had anything to eat and is hungry and miserable.
- Something to do when your baby is in theatre, adult colouring book, a book to read or a series to watch on your laptop if you have one. Your phone and data to message family and friends.

*If you would like to add an item to this list email [info@cleftfriends.co.za](mailto:info@cleftfriends.co.za) with your suggestions.*

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