



Cleft Palate

North West England, the Isle of Man and North Wales
Cleft Lip and Palate Network

Congratulations on the birth of your baby.

In the North West of England, the Isle of Man and North Wales, a team of people specialises in the care of children born with a cleft lip and/or a cleft palate. You will meet many of these people during the course of your child's treatment.

Clefts of the lip and/or palate affect about 1 in 700 children born in this country. Sometimes they are inherited but they often happen for no obvious reason.

What is a cleft palate?

The palate forms the roof of the mouth and normally separates your mouth from your nose. A cleft palate is a gap in the roof of the mouth. This gap may involve the soft palate at the back of the mouth or extend further forward into the bony, hard palate.

How can I help my baby?

You may have noticed that your baby has noisy breathing whilst lying on their back. This may be because your baby's tongue falls back into the cleft and partly blocks nasal breathing. To help make your baby more comfortable, we recommend that, for the first few months, you place your baby on their side to sleep.

Will my baby need an operation?

Yes, a cleft palate is usually repaired by the age of one year. The exact timing will depend on the health and progress of your child and will be agreed by you and the surgeon.

The pictures show children with different types of cleft palate both before and after surgery.



This is Megan. The pictures show her Cleft Palate before and after her surgery.



This little girl is Grace. The pictures show her Cleft Palate before surgery and immediately after with the stitches still in place.



What happens next?

We will arrange a clinic appointment for you to meet the Cleft Lip and Palate Team, usually within the next four weeks. Your Clinical Nurse Specialist will continue to see you at home throughout the early stages of your child's treatment.

Suggestions/Comments

The staff are here to help and it is important for them to know if you have any comments or suggestions about the services you have received. If you wish to speak to a member of the Cleft Lip and Palate Team please telephone us:

Liverpool: 0151 252 5209

Manchester: 0161 701 9007

Monday to Friday, 9.00 am to 5.00 pm

Alternatively you can contact the Patient Advice and Liaison Service (PALS):

Manchester PALS: 0161 701 8700, Monday to Friday 9.00 am to 4.00 pm. e-mail childrens.pals@cmft.nhs.uk

Liverpool PALS: 0151 252 5374/5161, Monday to Friday 9.00 am to 4.30 pm. e-mail PALS@alderhey.nhs.uk

External contacts and information

Cleft Lip and Palate Association (CLAPA)

First Floor, Green Man Tower,
332b Goswell Rd, London EC1V 7LQ

Tel: 0207 833 4883 • Fax: 0207 833 5999

E-mail: info@clapa.com • web: www.clapa.com

Changing Faces

The Squire Centre, 33-37 University Street,
London, WC1E 6JN

Tel: 0845 4500 275 • Fax: 0845 4500 276

E-mail: info@changingfaces.org.uk

web: www.changingfaces.org.uk

This information is available in Welsh, if preferred.

Mae'r wybodaeth hon ar gael yn Gymraeg, pe baech yn dymuno hynny.

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