

Fast Facts

Cleft Lip

- Cleft lip is when there is an opening or split in the upper lip
- Cleft palate is an opening or split in the roof of the mouth (palate)
- Some individuals have only one of these; whereas, others have both
- Result of the facial structures not fusing correctly in the developing fetus, which is supposed to occur during the second and third months of pregnancy
 - One of the most common birth defects
- Can happen on its own or is associated with other inherited genetic conditions
 - In most cases, the exact cause is never identified

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Noticeable split in the lip and/or palate that affects one or both sides of the face -Split can be a small notch in the lip or extend to the bottom of the nose -If the separation affects only the palate, there won't be any external evidence <p><i>Submucous Cleft Palate:</i></p> <ul style="list-style-type: none"> -Difficulty with feedings -Difficulty swallowing -Liquids/foods come out the nose -Nasal speaking voice -Chronic ear infections 	<p><i>Surgery:</i></p> <ul style="list-style-type: none"> -Cleft lip and initial nasal repair (done within the third and sixth months of life) -Cleft palate repair (completed by the twelfth month of life) -Any follow-up surgeries (done between the age of two and late teen years) -Ear tube placement <p><i>Other:</i></p> <ul style="list-style-type: none"> -Feeding strategies -Speech therapy -Monitoring for tooth development -Hearing aids (if required) -Orthodontic adjustments -Psychological therapy 	<ul style="list-style-type: none"> -Get genetic counseling if have family history of disorder - If you're planning on becoming pregnant, talk to your doctor about your risk level and what you can do to mitigate it -During pregnancy, take prenatal vitamins and don't use tobacco or alcohol

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