

THE MOST EFFECTIVE TREATMENTS FOR CONGENITAL DEFECTS OF THE UPPER LIP AND PALATE FOR NEW DOCTORS

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Annotation

A cleft lip and cleft palate are openings in a patient's upper lip or roof of the mouth (palate). They're congenital abnormalities (birth defects) that form while a fetus develops in the uterus. Cleft lips and cleft palates happen when tissues of the upper lip and roof of the mouth don't join together properly during fetal development. Surgery is required to repair cleft lip and cleft palate.

Keywords: upper lip, treatment, method, doctor.

Introduction

Our lips form between four and seven weeks of pregnancy. Tissues from each side of our head join together at the center of the face to make our lips and mouth. A cleft lip happens when the tissues that make the lips don't join completely. As a result, an opening or gap forms between the two sides of the upper lip. The cleft can range from a small indentation to a large gap that reaches the nose. This separation can include the gums or the palate (roof of the mouth).

Materials and methods:

The roof of your mouth (palate) forms between six and nine weeks of pregnancy. A cleft palate is a split or opening in the roof of your mouth that forms during fetal development. A cleft palate can include the hard palate (the bony front portion of the roof of the mouth) or the soft palate (the soft back portion of the roof of the mouth).

Cleft lip and cleft palate can occur on one or both sides of the mouth. Because the lip and the palate develop separately, it's possible to have a [1]:

- Cleft lip without a cleft palate.
- Cleft palate without a cleft lip.
- Both a cleft lip and cleft palate (the most frequently occurring disorder).



Results and discussion: Babies born with a cleft lip or cleft palate may have difficulties eating (both from the breast and a bottle). They may also have trouble speaking, and they often have fluid behind their eardrum that can affect hearing. Depending on the case, some also have issues with their teeth.

In most cases, there is no cause of cleft lip or cleft palate, and parents can't prevent it. Most scientists believe clefts are caused by a combination of genetic (inherited) and environmental (related to the natural world) factors. There seems to be a greater chance of a newborn having a cleft if a sibling, parent or other relative has one.

Another cause of a cleft lip or cleft palate may be related to medication the birthing parent took during pregnancy. This includes antiseizure medications, acne treatment medications containing Accutane, or methotrexate, a drug commonly used for treating cancer, arthritis and psoriasis.

Other factors that can contribute to the development of a cleft include [2]:

- Vitamin deficiency (folic acid).
- Having obesity.
- Smoking or tobacco use during pregnancy.
- Substance abuse.
- Birth disorders like DiGeorge syndrome or Pierre Robin syndrome.

The condition may also occur due to exposure to viruses or chemicals while the fetus develops in the uterus.

If a cleft has not been detected in an ultrasound before birth, a physical exam of the mouth, nose and palate can diagnose cleft lip or cleft palate after birth.

In some cases, your provider may recommend amniocentesis to check for other genetic conditions. Amniocentesis is a procedure to remove amniotic fluid from the amniotic sac. It helps diagnose other congenital disorders.

Children with cleft palate may also have trouble speaking. Their voices don't carry well, sound nasally, and the speech may be difficult to understand. Not all children have these problems, and surgery may fix these problems entirely.

Children with clefts are prone to dental problems like cavities and missing, malformed or displaced teeth.

They may be more prone to defects of the alveolar ridge, the bony upper gum that contains the teeth. A defect in the alveolus can [3]:

- Displace, tip, or rotate permanent teeth.
- Prevent permanent teeth from appearing.
- Prevent the alveolar ridge from forming.
- Cause premature loss of erupting canine and incisor teeth.



Conclusion: You may feel concerned when you find out your baby has a cleft lip or cleft palate. In most cases, your baby is healthy, and surgery can help fix the clefts' appearance. Treating children with cleft lips or palates involves fixing the lip and mouth so that they can function correctly. Treatment may also include dental work, orthodontia and speech therapy. If your child is diagnosed with a cleft lip or cleft palate, talk to your healthcare provider about the treatment plan and what to expect. And remember, most children with cleft lip or cleft palate go on to live happy and healthy childhoods.

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