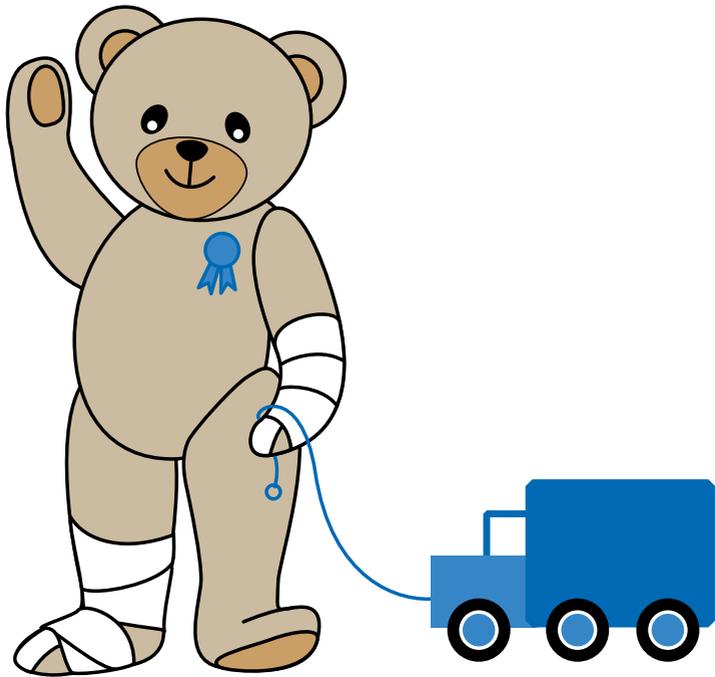


Hernia repair

Paediatric Day Surgery Unit



Patient information leaflet

What is a Hernia?

A hernia is where part of the bowel is pushing through the muscle wall, resulting in a swelling. This can occur in many places, the most common sites in children are:

- Tummy button (Umbilicus)
- Lower abdomen (Inguinal Hernia)

Are there any alternatives to surgery?

A surgical repair is the only way of getting rid of the hernia. The hernia may grow larger over the years, causing more pain and discomfort. There is also the risk of protruding bowel may twist or become blocked, which is very serious.

What will it look like?

The wound itself will be small and will be covered by a dressing. This needs to stay on for at least 2-4 days.

Will there be stitches?

Children's stitches are usually dissolvable and do not need to be removed. They should start to dissolve within one to three weeks. During this time you may see small pieces of the stitch material poking out of the healing wound, don't be tempted to pull these.

Will it be painful?

Some pain/discomfort maybe felt initially so give your child regular Paracetamol and Ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48 hours and then as necessary.

Next dose Paracetamol:

Next dose Ibuprofen:

When can they bathe?

The wound must be kept clean and dry for the first 3-4 days (or as long as the surgeon advises). General points to remember:

- If possible have showers not baths.
- Don't use bathing products directly over the wound.
- Dry the surrounding area carefully by patting gently but allow the wound to air dry.
- Once the wound has healed, gently rubbing petroleum jelly or a fragrance free moisturiser into the scar helps to reduce how noticeable it is.

What clothing can be worn?

They can dress as normal but tight waistbands should be avoided. Boys may find some support by wearing "Y-fronts" rather than boxer shorts.

When can my child go back to school/activity?

It is advisable to keep your child off school for at least one week. Vigorous exercise, including school sports, cycling and climbing should be discouraged for as long as the surgeon advises. It is not advisable to swim until the wound is completely healed.

Will there be any complications?

Inguinal hernia repairs are generally very safe.

If your child experiences any of the following please contact your GP:

- Increased pain
- Increased swelling
- Increased temperature
- If the wound is oozing
- Increased Redness

General Practitioner's (GP) letter

A letter will be sent to your child's GP giving brief detail of their admission. You will be given a copy of this discharge.

Will my child need a follow-up appointment?

If a follow up is required this will be sent to you.

Reference source

- www.aboutthekidshealth
- www.gosh.nhs.uk
- www.nhs.uk

Contact details

If you require further advice, please do not hesitate to contact us.

Day Surgery Unit

Telephone: 01483 406783 (Monday to Friday, 8am–8pm)

Hascombe Children's Ward

Telephone: 01483 464071 (24 hours)

Accident & Emergency

Telephone: 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident & Emergency.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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