

Hernia Repair: Umbilical Homegoing Instructions

A hernia (**HUR** nee uh) is weak spot or opening in the wall of a muscle that normally holds an organ in place. If a hernia is large enough, part of the organ can slip through the muscle wall. Hernias are more likely to occur in certain parts of the body like the groin and upper thigh area or abdomen and belly button area. In general, boys are more likely than girls to get hernias.

Causes of Hernia

Infants can be born with a hernia. Infants and young children get hernias most often, but teens and adults can get them as well.

Umbilical (Um **BILL** i kul) hernias are common in newborns and infants younger than 6 months. In babies with umbilical hernias, parents may see bulging around the belly button area when the baby cries (Picture 1). Unlike other types of hernias, umbilical hernias may heal on their own, usually by the time a baby is 1 to 3 years old. If not, surgery can repair the hernia.



Picture 1: Umbilical hernias are common in infants.

After Surgery

Your child will wake up in the PACU (Post Anesthesia Care Unit) near the Operating Room. He or she will be returned to you after the anesthetic has worn off.

- Your child may feel dizzy and have a headache or sore throat from the anesthetic. This is temporary.
- Nausea and vomiting are common within 24 hours after surgery.
- There is (are):
 - Skin glue over the incision(s)
 - Gauze or tape over the incision(s)
 - Clear coverings over the incision(s)

Activity

- Your child should play quietly for 1 to 2 days.
- No bike riding, straddle toys, jumping, running, or rough play for 2 weeks.
- No swimming for 2 weeks.
- No gym classes or sports until the doctor says it is OK.
- There are **NO restrictions for the use of car seats**. Children should ride in car seats as usual.

Food and Drink

For Children:

Continue with water, clear fruit juices or popsicles. If the child has no trouble with these, you can slowly begin to give solid foods.

For Infants:

Infants may have clear liquids such as water, Pedialyte® or watered-down apple juice (mix half water and half juice) or breast milk. If the baby has no trouble with these, he or she may have regular formula or continue with breast milk. Infants may need to be burped more often than usual the first day after surgery.

Incision Care

- You may remove the dressing in _____ days.
- Do not remove the dressing. It will fall off on its own.
- Do not remove the dressing until you see your child's doctor.
- The stitches are under the skin and cannot be seen. They will dissolve and do not need to be removed.
- Keep the incision area dry and clean. Shower or shallow tub bathing are OK. Do not put the incision or dressing under the water for 2 weeks.
- If using diapers, be sure the diaper is not rubbing the incision.

Pain Medicine

Follow the doctor's orders for giving medicine for pain:

- Your child's doctor has recommended an acetaminophen, such as Tylenol® (See Helping Hand HH-V-58, *Acetaminophen*).

Continued on Page 3

Pain Medicine, continued

- Your child's doctor has recommended an ibuprofen, such as Motrin® or Advil® (See Helping Hand HH-V-206, *Ibuprofen*).
- Your child has been given a prescription for pain medicine. Follow the dosing instructions exactly as your doctor has written them.
 - Side effects are rare, but if your child develops nausea or vomiting, a skin rash or bruises, stop giving this medicine and call your doctor.
 - Do not give more than 5 doses of this medicine in a 24-hour period unless ordered by your doctor.
 - Read the label **each time** before you give your child any medicine.
 - If the medicine is a liquid, always use a measuring device to measure the exact dose. Do not measure liquid medicines in kitchen spoons.
 - Store all medicine out of children's reach.
 - If your child or someone else takes too much of this medicine, first call the Central Ohio Poison Center at 1-800-222-1222. They will tell you what to do.

When to Call the Doctor

Call your doctor if your child has:

- Severe pain that does not get better with pain medicine.
- Fever over 101 degrees F.
- Swelling, drainage, or redness around the wound.
- Nausea and vomiting after 24 hours.

Follow-up

- A nurse from surgery clinic will call you in 3 to 4 weeks.
- Please call your child's doctor's office at (phone) _____ to schedule a follow-up appointment.

If you have any questions or your child is having problems after normal office hours, call the doctor on call at:

- For Pediatric General Surgery (phone) 614-722-3900.
- For Pediatric Urology Surgery (phone) 614-722-6630.

In an emergency, call 911.