

Inguinal Hernia or Hydrocele Repair Homegoing Instructions

A **hernia** (HUR nee uh) is a weak spot or opening in the wall of a muscle that normally holds an organ in place. Boys get hernias more often than girls.

When fluid fills the sac that surrounds a testicle it is called a **hydrocele** (HI dro seal). Only boys can develop a hydrocele.

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 is common within 24 hours after the 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 class or sports until the doctor says it is OK.
- There are **NO restrictions to 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 infant 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 the day after surgery. Do not put the incision or dressing under the water for 2 weeks.

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*).
- 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 child's doctor has written them.
 - Side effects are rare. If your child develops 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 child's doctor.

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Pain Medicine, continued

- 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 child's 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.