

Patient Information

Children's Services

Hernia Repair/Hydrocele - Parent/Carer discharge information

This leaflet contains advice and information about what to expect when your child leaves hospital after this procedure.

What is an inguinal hernia?

An inguinal hernia is a condition where part of the abdomen contents, like intestines, pushes through a weak spot in the lower abdominal wall, entering the groin area. In boys, this can also extend into the scrotum because of a structure that connects the abdomen to the scrotum, which hasn't fully closed. This opening allows abdominal contents to herniate into the sac-like structure. Occasionally this can surround the testicle and cause fluid accumulation, known as hydrocele or patent processus vaginalis (also known as PPV).

Nutrition

After the operation, your child can eat and drink as usual.

Mobility

Some children may have a leg weakness due to the pain relief given at the time of surgery. This will wear off after a couple of hours.



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Bathing

The operation site needs to be kept clean and dry for the first 2 days. After that, your child can take a bath or shower and remove any dressings. Make sure that the wound is dried thoroughly by patting it with a clean towel. If left damp, the risk of infection could increase. **Do not use talcum powder on the wound.** Your child may be more comfortable in loose clothing such as pyjamas or tracksuit bottoms.

Return to school/activity

Your child may return to school after 5 to 7 days if they are feeling comfortable. For at least 2 weeks after the operation, they should avoid activities like bike riding, swimming and sports.

The wound

Bruising around the operation site is common, it's not a cause for concern and will slowly fade. However, if the wound becomes red and inflamed, more swollen, hot to the touch, or starts to discharge fluid, contact the Children's Emergency Department (CED) at **024 7696 6934**.

Pain relief

You can give your child paracetamol and/or ibuprofen at home according to the instructions on the bottle. The nurse will let you know when your child is due for their next dose before they are discharged. It's recommended to give pain relief regularly for the first 48 hours.

Stitches

This operation is performed under a general anaesthetic and a cut is usually made in the groin. The wound is closed with dissolvable stitches (sutures), which can take a couple of weeks to dissolve. The wound may be covered with a dressing.

Follow-up appointment

If you need a follow up appointment in the outpatients department, the details will be sent to your home address. Alternatively, you may be asked to see your own GP. You will be informed which option applies to you before you leave the ward.

Children's Emergency Department (CED) - 024 7696 6934

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

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