

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 following this procedure.

What is an inguinal hernia?

An inguinal hernia is where the contents of the abdomen push down into the groin, and often in boys, into the scrotum. In boys a sac-like structure connecting the abdomen to the scrotum fails to close completely. When this happens, some abdominal contents can herniate into the sac. Occasionally this can surround the testis and fluid from the abdomen forms in the scrotum which is called a hydrocele (also known as PPV).

Nutrition

After your operation your child may eat and drink as normal.

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.

Bathing

The operation site needs to be kept clean and dry for two days. After this your child may have a bath or shower and remove any dressings. Make sure that the wound is dried thoroughly and pat dry with a clean towel as if it is left wet, there may be an increased risk of wound infection. **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 five to seven days if they are feeling comfortable. No sport, bike riding or swimming until at least two weeks after the operation.



Patient Information

The wound

Bruising may occur around the operation site; this is not serious and will fade in time. However if the wound begins to look red and inflamed, more swollen, hot to touch, or has a discharge, then contact Children's Emergency Department (CED) on 024 7696 6934.

Pain relief

You can give your child paracetamol and ibuprofen at home. This should be given following the instructions on the bottle. The nurse will inform you when your child will be next due some pain relief before they are discharged. You should give it regularly for 48 hours.

Stitches

This operation is performed under a general anaesthetic and an incision 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 Out-patients Department this will be sent to your home address, or alternatively you may be asked to see your own GP. You will be informed which 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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