

Children's Services

Hernia Repair/Hydrocele: Patient Discharge Information

This leaflet contains advice and information about what to expect when you leave hospital following this procedure.

What is an inguinal hernia?

This is where part of your tummy pushes down into your groin causing a lump that may come and go.

Nutrition

After the operation you can eat and drink as normal.

Mobility

You may be sore after the operation so it is important that you rest. You must not swim, ride a bike or do sport for two weeks after your operation to allow the wound to heal.

Bathing

You must keep the wound dry for the first two days so you can't have a bath. After the two days have passed you can get in the bath to soak your plaster off. After your bath pat the wound dry with a towel making sure it is completely dry to stop it becoming sore.

Return to school/activity

You will probably need to be off school for one week.

You can take part in sports once your wound has healed after about two weeks.



Patient Information

The wound

Your wound may look a little bruised for a few days which is a normal part of the healing process. You must tell your parent or carer if your wound gets:

- Very red
- Swollen
- Hot to touch
- Oozes any liquid

These may all be signs of infection and your parent or carer should contact Children's Emergency Department (CED) on 024 7696 6934.

Pain relief

Your parent or carer will have been given medicine from the nurses to keep you comfortable. You should take this every four to six hours to keep the pain away.

Out-patients appointment

A follow-up appointment for the Out-patients Department will be sent to your home address.

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.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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