



# Caring for your child at home after **HERNIORRHAPHY, HYDROCELECTOMY**

*Dear Parents, your child has just had an inguinal hernia repair and/or a hydrocelectomy and is ready to go home. A hernia occurs when an organ ( or a part of it) or a fatty tissue squeezes through a weak spot in a surrounding muscle or connective tissue; a herniorrhaphy is a surgery to return the contents to their normal place and to close the opening. A hydrocele is a collection of fluid in the sac within the scrotum; it occurs when there is an opening between the abdomen and the scrotum; a hydrocelectomy is a surgery to drain the fluid and to close the opening. This following information will help ensure your child has a safe recovery after leaving the hospital.*

## Care for the surgical site

- No special wound care, but keep the area dry and clean.
- There will be an incision in the inguinal (groin) skin crease, or one or more abdominal incision(s). Reinforced sticky tapes called steri-strips may have been applied directly on the wound. Leave them in place and do not pull them off, unless they are still present 10 days after surgery. A clear plastic dressing, a gauze dressing, or medical glue will cover the incision. If there is a plastic or gauze dressing, remove it at home as instructed by the surgeon. Some bruising and swelling may be seen during the first week.

## Pain management

- Give acetaminophen (Tylenol® or Tempra®) every 4 hours if needed, but no more than 5 doses total in 24 hours. Next dose may be given only at \_\_\_\_\_ hours.
- Other medications might be prescribed. **It is very important to follow the exact dosage and frequency prescribed.**
- Refer to other instructed pain management information.

## When will life go back to normal?

- **Activity:** Quiet activities today with close supervision.  
After 24 hours:
  - Under 4 years old: no restriction but close supervision, no straddle toys for 10 days;
  - 4-10 years old: no bicycle, gym, or contact sports for 2 weeks;
  - Over 10 years old: no bicycle, gym, contact or competitive sports for 4 weeks.
- **Bathing:** Sponge bath for the first 48 hours, then begin tub bath or shower.
- **Diet:** Give water, apple juice, Popsicle, flat ginger ale or Jell-O for one to two hours. If tolerated, proceed to a soft diet such as soup, yogurt, ice cream and/or cereal. The day after surgery, your child may take a normal diet.
- **School/Daycare:** May go back to school/daycare after 3-5 days.

## When to call the doctor?

- Pain that does not lessen even after giving your child the prescribed medications.
- A fever of 38.5° C (101°F) or higher, 48 hours after the surgery.
- Increased redness and swelling around the incision.
- Drainage or bleeding from the incision.

## Follow-up

- For your next appointment please call 514- 934-1934, extension: \_\_\_\_\_
- Clinic \_\_\_\_\_ Doctor: \_\_\_\_\_
- Type of follow-up recommended:  in clinic  by phone  other \_\_\_\_\_

## Contact Information

**IF CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-934-1934 AND ASK FOR THE PHYSICIAN ON CALL FOR THE \_\_\_\_\_ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**

***Disclaimer:** Information provided by this pamphlet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning the care of your child.*