



# Caring for your child at home after an **UMBILICAL HERNIA REPAIR**

*Dear Parents, your child has just had an umbilical hernia repair and is ready to go home. An umbilical hernia occurs when a fatty tissue of the abdominal cavity or part of the bowel bulges through an opening in the abdominal wall at the belly button. An umbilical hernia repair is to make a small incision in the belly button and to close the abdominal 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.
- Keep the area dry and clean.
- There will be a dressing on the belly button area. Remove the dressing at home after \_\_\_\_\_ days, as instructed by the surgeon. If the deeper layer is stuck, it will be easier to remove it in the bath.

## 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. No bicycle, gym, rough play, contact or competitive sports as instructed by the surgeon, then gradual return to normal activities.
- **Bathing:** Sponge bath until dressing is removed, 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. Tomorrow, 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.