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Inguinal Hernia Repair Post-Operative Care

ACTIVITY

For the first one or two days following surgery, your child may not feel like being very active. He may increase his level of activity as the soreness goes away. However, for **2 weeks (up to 4 weeks depending on post-operative swelling)** your son should not be allowed to participate in any activities which would require him to straddle an object, such as a walker, tricycle, or bicycle. If your child is older any strenuous activity, including heavy lifting, contact sports, and gym class should be avoided for the same period of time. No swimming for 2 weeks after the procedure.

THE INCISION

Your child will have one small incision in the groin. The stitches used to close the incision do not have to be removed – they will dissolve approximately 2-8 weeks after surgery. Your child may have a clear glue-like dressing, on top of the incisions to help prevent infection as it heals. Do not remove the clear glue dressing as it will begin to peel off with time. If a dressing is left remove it on day 7 if it has not fallen off on its own. You may notice a small amount of bleeding, especially from the lower incision. Also, you may notice redness, bruising, or swelling around the incision and scrotum. **This is normal and can last for 3-4 weeks.**

If the incisions begin to look infected, please notify our office.

Signs of infection include:

- Fever
- Excessive redness or swelling that is not improving
- Any pus-like drainage from the incision

BATHING AND SHOWERING

You may bathe or shower your child 48 hours after surgery. Until then, give your child sponge baths and avoid the incision site. Once you start bathing or showering, do not aggressively scrub the area. Gently wash around the incision and pat that area dry after bathing. For children in diapers, soaking in a tub of clear, warm water twice a day, for five minutes or less, will help the incisions stay clean and heal properly. This can be done for seven days starting with his first bath 48 hours after surgery.

DIET

Before your child is discharged home, he should be able to drink clear liquids and keep them down without vomiting. Once your child is able to drink liquids, you may add progressively to his diet with:

1. A full liquid or “light” meal, which may include crackers, soup, or gelatin
2. Regular meals if your child tolerates the above

If your child vomits, wait approximately 45 minutes and start this process over with sips of clear liquids. Gradually increase the amount of clear liquids. When your child is able to tolerate them, slowly add to his diet as outlined above.

PAIN

Most children do not experience much pain after a hernia/hydrocele/varicocele procedure. A prescription will be given to you for Tylenol with Hydrocodone (Hycet or Norco) if appropriate. If a narcotic pain medication is provided, most children will only need it for 1-3 days following surgery. Narcotic pain medication can cause constipation, so this should be monitored. If your child is experiencing constipation please begin Miralax, 1 capful daily or twice daily until soft daily bowel movements resume. If this is not successful notify our office. If your child is exclusively breast feeding you can use an over the counter suppository to help with constipation.

After surgery you may begin alternating **Children’s Tylenol and Motrin** as directed on the package. Other medications may be prescribed by your doctor, who will explain how to use them. ****DO NOT use Children’s Tylenol and the Hycet or Norco together (use one OR the other) as this can lead to an overdose of Tylenol.**

FOLLOW-UP

Your child will follow-up in about 4-6 weeks for a post-operative evaluation, unless specified otherwise. If you do not have an appointment already scheduled please call our office to arrange it.

If you have any questions or concerns during regular business hours, please do not hesitate to call the Urology Nurse at (512) 472-6134 extension 103.

During non-business hours please call (512) 406-3112 and ask to speak to the Urologist on call.