



## PEDIATRIC HERNIA REPAIR

These instructions will help you take care of yourself at home.



### DIET

Offer clear liquids when awake and alert. If vomiting occurs, wait one (1) hour and offer clear liquids again. May resume normal diet if no vomiting occurs.



### ACTIVITIES

Rest today. Infants and young children may resume their usual activities after anesthesia has worn off. Older children should participate in mild activities for the first few days after surgery and refrain from heavy lifting (greater than 15 pounds) for 6 weeks after surgery or until cleared by surgeon.



### SPECIAL CARE NEEDED

**Dressing:** May take the dressing(s) off of the incision(s) in \_\_\_\_\_ hours. Leave the steri-strips on.

**Incision Care:** Keep steri-strips and incision(s) clean and dry for \_\_\_\_ day(s). May tub bathe \_\_\_\_\_.

Check diaper frequently and change as needed in young children.



### MEDICATIONS

Give Tylenol for discomfort unless another medication has been prescribed.



### INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



### WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- Temperature of 101°F without other symptoms (i.e., ear ache). If other symptoms are occurring with the temperature, contact your child's Pediatrician.
- Severe pain. Some tenderness in and around the incision is normal.
- Inability to urinate 10 hours after the operation.
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**In case of an emergency, call 911**