

# Hernia repair

## Useful guidelines for your child's recovery at home

### Diet and fluids

After beginning with a light diet following the anaesthetic, your child's intake should return to normal the next day.

### Nausea and vomiting

Don't worry if your child vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids.

### Activity

It is important to keep the wound area well protected. For babies, normal activities can occur. For older children, it is important to avoid rough play, strenuous activity or heavy lifting until the follow-up appointment.

### Wound care

The wound is approximately one to two centimetres in length. This is usually covered with a clear waterproof dressing. This should stay intact for approximately seven days. If the corners of the dressing peel up, secure it with a Band-Aid®. After seven to ten days, if this dressing falls off, there is usually no need to re-cover the wound.

### Hygiene

Your child may have a bath or shower from the day after surgery, or as instructed by your surgeon. The dressing is waterproof and should be patted dry afterwards.

### Discomfort

Your child may feel some pain or discomfort in the days following surgery. Paracetamol will help with this.

### Medications

- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Do not give aspirin

### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent bleeding, ooze, redness or swelling around the wound

### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.