



Information for You from Your Health Care Team

After your Child's Inguinal Hernia Repair

What about my child's activities?

- No gym, sports, tiring activities for 2 weeks after surgery
- Your child may return to daycare, preschool or school when they are no longer in discomfort, usually 2-4 days.
- Quiet reading and playing board or video games are good activities
- No swimming for 5 days.

When should my child take a bath?

- Sponge bath for 2-3 days to keep dressing dry, then tub bath or shower daily
- Bathing assists in healing, comfort, and cleanliness

What is under the dressing?

- Small white bandages called steri strip, usually fall off in 7-10 days.
- The inside stitches hold the incision together and do not need to be removed, the body will absorb them.

What medicine should I give my child for pain?

Under 12 months old

- Motrin® may be used the day after surgery for pain relief
- Tylenol® with Codeine: every 4 hours as needed for discomfort

12 months and older

- Tylenol with Codeine; every 4 hours as needed for discomfort.

Do not give the child any narcotic medicines containing Tylenol at the same time as regular Tylenol. Narcotic medications containing Tylenol include Lortab and Vicodin

What should my child eat?

- Regular diet.

If vomiting occurs, do not give your child anything to eat or drink for 1 hour. Then offer small amounts of clear liquids until your child does not vomit anymore. Then slowly start on their normal diet.

When do I bring my child back to the doctor?

- Your child should be seen in the office in 7-14 days after surgery.
- An appointment should have been made for you and is noted on the papers you received from our office. If it has not been made please call 315-464-2878 during office hours for an appointment

When should I call the doctor?

- Temperature more than 101
- Excessive bleeding (some spotting is normal)
- Extreme irritability.
- Decrease in appetite along with decrease in energy level
- Pain not controlled with pain medication

**Division of Pediatric Surgery
315-464-2878**

Speak Up if You Have Questions or Concerns

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