



Information for You from Your Health Care Team

After Your Child's Umbilical Hernia Repair

What about my child's activities?

- Quiet supervised play should be encouraged for the next 24 hours.
- No sports, gym, tiring activities for 3 weeks.
- No swimming for 5 days

When should my child take a bath?

- Sponge bath for 4-5 days to keep dressing dry then remove dressing to umbilical area and bathe in tub
- Bathing assists in healing, comfort and cleanliness.

What is under the dressing?

- Small white bandages called steri strip usually fall off in 7-10 day
- 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.

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 greater than 101
- Excessive bleeding, some spotting is normal
- A bump in the area of the hernia repair

Speak Up if You Have Questions or Concerns