Umbilical Hernia

Your child has an umbilical hernia. **This is a common childhood problem that almost always heals by itself before your child is 5 years old**. A hernia is a weakness in the wall of the abdomen. Umbilical hernias will usually look like a big bellybutton with extra loose skin. They can stick out when a loop of bowel slips into the hernia defect and gets pushed out between the muscles. If this happens, the bowel can almost always be pushed back in place without hurting your child.

Surgery is only needed in about 5% of children. If the hernia is very large, surgery may be necessary. If the intestine becomes stuck in the hernia sack and cannot be pushed back in, then an operation is needed right away to prevent damage to the bowel. Talk with your child's caregiver about the need for surgery.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your child develops extreme fussiness and repeated vomiting.
- Your child develops severe abdominal pain or will not eat.
- You are unable to push the hernia contents back into the belly.

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