Inguinal Hernia, Surgery Aftercare, Child

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for your child after leaving the hospital. Your surgeon may also give you specific instructions. While treatment has been planned according to the most current medical practices available, problems sometimes still happen. If problems or questions develop after discharge, please call your child's surgeon or the number you were given to call.

HOME CARE INSTRUCTIONS AFTER YOUR CHILD'S SURGERY

- In older children, once home, an ice pack applied to the operative site may help with discomfort and keep swelling down.
- Change dressings as directed.
- Keep the wound dry and clean. The wound may be washed gently with soap and water. Gently blot or dab dry following cleansing. Do not let your child take baths, use swimming pools, or use hot tubs for ten days, or as instructed by their caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may continue your child’s normal diet as directed.
- There should be no contact sports or rough housing for three weeks, or as directed.
- Avoid bicycling or similar activities for ten days or as suggested by your caregivers.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound.
- There is pus coming from the wound.
- There is drainage from a wound lasting longer than one day.
- An unexplained oral temperature above 102º F (38.9º C) develops or as suggested.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of a wound (edges not staying together) after the sutures have been removed.
- Your child develops dizzy episodes or fainting while standing.
- Your child develops nausea or vomiting.

SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD:

- Develops a rash.
- Has difficulty breathing.
- Develops any reaction or side effects to medications given.

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