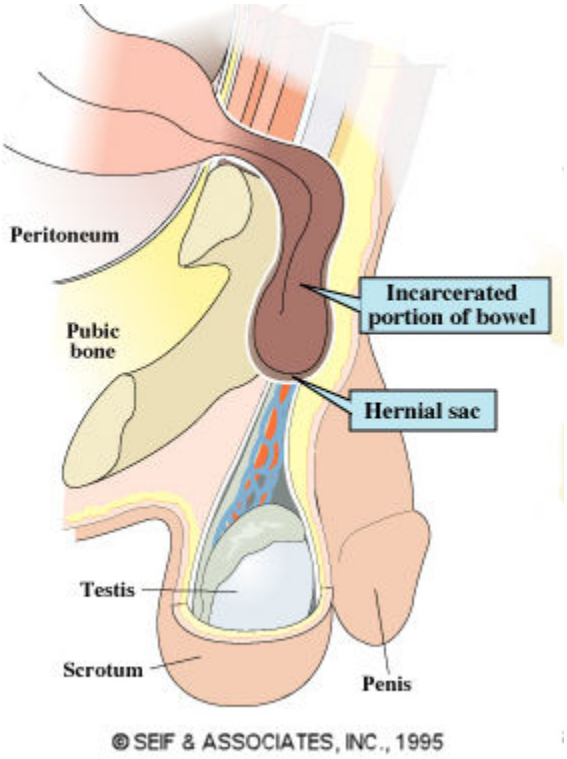
# Hernia, Care After Surgery, Child

Please read the instructions outlined below. Refer to this sheet in the next few weeks. This discharge instruction provides you with general information on caring for your child after you leave the hospital. Your child's surgeon may also give you specific instructions. Treatment has been planned according to the most current medical practices available. However, complications can occur. If you have any problems or questions after discharge, call your child's surgeon.




## HOME CARE INSTRUCTIONS

- Have a responsible adult observe the child at all times for at least 24 hours following the anesthetic.
- Limit the child's outdoor activities, especially riding a bicycle or any other activities where the child may be injured.
- Gradually move to a regular diet as tolerated. Liquids or light meals may be best.
- The child should be given all medications as prescribed. Give pain medications as needed. Continue medications for the full amount and time prescribed.
- The child may resume all regular activities as directed by your caregiver.

## CARE OF INCISION AFTER SURGERY

- A bandage *(dressing)* may have been applied. This can be changed once per day or as instructed.
- Only give your child over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Bathe your child as directed by your caregiver.
- Have your child avoid activities that may risk injury to the *incision* (cut by the surgeon).

## SEEK MEDICAL CARE IF:

- You have any concerns that have not been answered.
- Your child is developing problems that you feel need more care.

## SEEK IMMEDIATE MEDICAL CARE IF YOUR CHILD HAS:

- Persistent dizziness or feeling sick to their stomach *(nausea)*.
- The inability to stay awake or is unable to wake from sleeping.
- Difficulty breathing or a congested sounding *(croupy)* cough.
- An oral temperature above 102º F (38.9º C) or as your child's caregiver suggests.
- Increasing pain or tenderness near or in the incision.
- Pus coming from the wound.
- A foul smell coming from the wound or dressing.
- An inability to eat or drink or the child develops nausea or vomiting.
- Constipation not helped by adjusting diet or increasing fluid intake. Pain medications are a common cause of constipation.
- A breaking open of the wound (edges not staying together) after sutures have been removed.

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