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Caring for you Child after Inguinal Hernia (Hydrocele) repair

An inguinal hernia is a bulge or protrusion either seen or felt in the groin area, and possibly in the scrotum of boys. All babies have a canal leading from their abdomen to their genitals. This canal should close off before birth, but if it does not, abdominal contents can protrude through the canal and cause an inguinal hernia. An inguinal hernia can be diagnosed by your healthcare provider based on a health history and physical exam. No imaging is needed. Unlike some umbilical hernias, inguinal hernias do not close on their own.

Inguinal hernias can become incarcerated, which means that the intestinal contents get stuck in the defect and cannot move back to the abdomen. If this happens, the bulge will become very firm and it will cause pain. If this happens to your child, please bring them to the Emergency Room immediately. An incarcerated hernia can make a child very sick if it is not treated promptly.

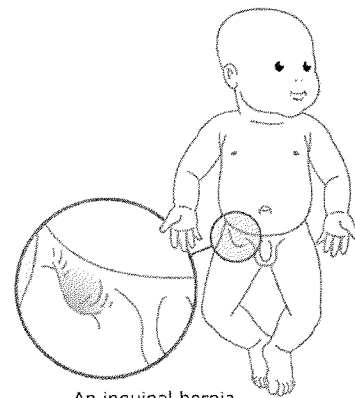
The surgery to repair an inguinal hernia is usually a day surgery, meaning your child will go home the same day as the procedure. Babies who were born premature may require an overnight stay to monitor their breathing for apnea.

A small cut is made in the groin (along the skin crease) and the hernia is closed using sutures. There will be a small plastic bandage over the incision. This can be removed as instructed by the surgeon. There is a small piece of tape under the bandage called a steri-strip. This tape will fall off by itself. Boys may develop swelling and bruising in their scrotum following the surgery. This will go away slowly over several weeks.

Your child can take Tylenol and Motrin as ordered for pain. They should not take a bath for one week but can shower the next day. They can return to school within 2-3 days but should not do gym or sports for 2 weeks.

Please call us at (215) 427- 5292

- Fever (a temperature of 101.5 degrees or higher)
- Bleeding
- Redness, swelling or increasing pain at the incision
- Any drainage from the incision
- Any pain that is not controlled with the pain medicine
- Any further questions or concerns



An inguinal hernia