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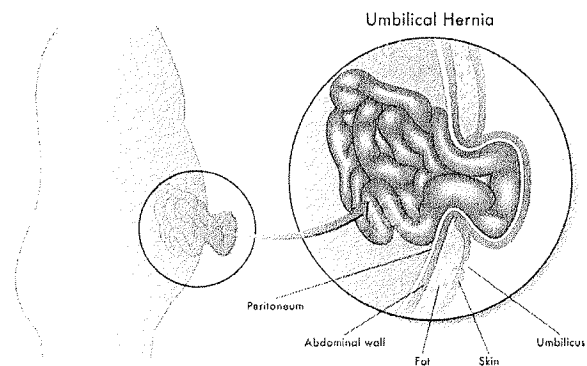
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All about Umbilical hernias

An umbilical hernia is an abnormal bulge that can be either seen or felt at the umbilicus. When the fetus grows during pregnancy, there is a small opening in the abdominal muscles that allows the umbilical cord to pass from mother to fetus.

Umbilical hernias can close without surgery on some children until age 3-4 year of age. If the umbilical hernia is not closed by age 3 years old the child may need surgery to repair the hernia.

The surgery is performed under general anesthesia. A small curved incision will be made under your child's belly button. The hernia will be closed using stitches under the skin. These will dissolve on their own.



The umbilical hernia incision will be covered with a plastic dressing. You can remove the bandage as directed by the surgeon. Under the bandage a Steri-Strip will be in place. This will fall off after 1-2 weeks. If it does not fall off we will remove it at your follow up visit.

You may give your child Tylenol or Motrin as directed for pain for the first several days. Your child may complain of soreness or abdominal pain for the first few days following surgery. After surgery your child's belly button may appear to be slightly swollen but this will go away over the next few weeks.

Your child can return to school in 2-3 days. They should not participate in sports or gym for 2-3 weeks after surgery. Schedule your child for a follow-up appointment 2 weeks after the procedure, at which time we will evaluate the repair and your child's recovery. Severe pain not controlled with medication.

When to call the office at (215) 427-5292

A large swelling of the belly button
Bleeding or drainage from the incision
Fever >101.5
With any questions or concerns