

# Inguinal Hernia Repair

An inguinal hernia occurs when the bowel slides through an opening into a pouch in the groin (near the upper leg) called the hernial sac. This creates a lump in the child's groin. Inguinal hernias are common in childhood, especially in boys.



## Length of surgery

Your child will be away from you for approximately 45 to 60 minutes. This can vary depending on the actual surgery and if your child needs extra pain relief in recovery.

## Post operatively

Some children may be distressed and upset when they return from theatre. This can be normal after an anaesthetic and they should settle after a short time. If your child returns to the ward upset, it is important that you comfort your child and keep them safe from hurting themselves.

The nurse will monitor your child closely after the operation by checking their heart rate, breathing and any pain they may have.

A small amount of blood may be seen on the bandages immediately after the operation, but should quickly settle.

Your child will need to stay in Day Surgery for a minimum of one hour depending on their recovery. They must be fully awake and eating and drinking before discharge. Some children may need to stay overnight if they are very young.

## Pain management

Your child will be given pain relief during their surgery and should be comfortable on return from theatre.

Please speak to your nurse if you feel that your child is in pain.

On discharge your nurse will give you a pain management pamphlet about pain relief at home and when it is next due.

- > Paracetamol may be given every 4-6 hours for 2 days after surgery if required.
- > Please refer to the paracetamol bottle for the correct dose for your child.

## Eating and drinking

Your child can usually start drinking as soon as they are fully awake after surgery. When drinking well, they will be able to start eating a light diet. Please check with your nurse before giving your child anything to eat or drink.

Babies can breast feed or bottle feed immediately.

Some children may experience nausea and vomiting after surgery. Please tell your nurse if your child feels nauseous or vomits.

There is no need for a special diet after this surgery, but it is recommended that your child avoids fatty or junk food for approximately 24 hours after surgery.

## At home

### Nausea and vomiting

After day surgery, do not be concerned if your child vomits once or twice after leaving hospital.

If they vomit or feel sick, stop giving them food for about an hour, then try giving them a drink, followed by a light diet. They can then have as much as they can manage without feeling sick.

If your child keeps vomiting, please seek medical attention by either calling your child's surgeon or going to your nearest emergency department.

### Activity

Your child should reduce their activities for 24 hours after surgery. Please make sure that your child has adult supervision as they fully recover from the anaesthetic and surgery.

Your child should be able to return to school/ childcare/kindergarten after three to five days. Please check with your doctor before you leave the hospital.

### Wound care

A clear or white (Hypafix) dressing will cover the wound or glue covers the wound with no dressing over top. Leave the dressing in place for five days unless advised otherwise.

Sutures (stitches) used in the surgery are dissolvable and will not require removal.

Some bruising can be expected but if you are concerned, seek medical advice.

Observe wounds for general signs of infection. These include heat to the site, pus/ooze, bad smell, swelling, redness, fever or pain. If signs of infection are noticed, seek medical attention.

### Bathing

You can bath/shower your child as normal 24 hours after surgery unless advised otherwise. If the dressing becomes wet, pat it gently to dry.

### Bleeding

If bleeding occurs, sit your child down and apply firm, steady pressure to the area for 10 minutes with gauze or a clean cloth. Take the pressure off after 10 minutes and continue to watch the wound closely over the next 24 hours. If bleeding persists, apply pressure and seek immediate medical attention.

## Follow up

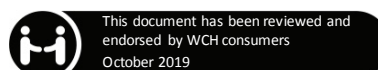
A follow up appointment will be booked for 4 to 6 weeks' time. An appointment card will be given to you before you go home or sent to you in the post.

If you have any concerns after your child's discharge please telephone your child's surgeon or contact your GP or present to your nearest emergency department.

All Day Surgery patients will receive a follow up telephone call from a nurse the day after surgery or Monday morning if the surgery was performed on Friday. This is to check on your child's post anaesthetic/surgery condition and to answer any questions you may have regarding their care.

## For more information

**Women's and Children's Hospital**  
72 King William Road  
North Adelaide SA 5006  
Telephone: (08) 8161 7000  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



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