

Hernia Repair

Oak Ward Day Unit



Hernia Repair

What is a hernia?

A hernia is where an internal part of the body is pushing through a weakness in the muscle or surrounding tissue wall. This can occur in different places, for children this can include the belly button (umbilical), between the belly button and breastbone (epigastric) or the groin area (inguinal hernia)

An umbilical hernia appears as a lump in or near the belly button. Umbilical hernias are very common in infants and young children, particularly babies born prematurely.

An epigastric hernia appears as a lump on the abdomen, anywhere between the breastbone and belly button.

An inguinal hernia appears as a lump in the groin or swelling in the scrotum (the pouch that contains the testicles).

A hernia may get bigger when laughing, coughing, crying, or going to the toilet, and it may get smaller when relaxing or lying down.

Why is surgery required?

The majority of umbilical hernias generally close on their own, however if it doesn't as your child gets older, they may need surgery to repair it.

Epigastric hernias do not necessarily require surgery, however they can cause pain and discomfort and sometimes interfere with everyday life, and so it may be suggested to have it repaired.

Inguinal hernias usually require surgery, particularly if the hernia is causing pain.

Surgery is performed to all hernias to avoid the risks or complications such as obstruction (a section of the bowel becomes stuck outside the abdomen) or strangulation (a section of the bowel becomes trapped, and the blood supply is cut off).

Fasting before surgery

It is important that your child follows the fasting (starving) information that will be given before the surgery.

What happens in surgery?

You can accompany your child down to theatres and be with them while they are put to sleep using general anaesthetic.

The surgeon may mark the area needing repairing (particularly for an epigastric hernia), this is because the hernia can become less obvious when the child is relaxed and under general anaesthetic.

The surgeon will make a small incision over the area, push in any tissue or bowel that is sticking out, and close the incision with stitches.

What happens after surgery?

After surgery you will be able to collect your child from the recovery bay after the anaesthetic wears off.

Your child's wound may have steri-strips on it. These should fall off within 7 days after the surgery, if they have not then they can be removed at home after a bath.

If your child has stiches, they will be dissolvable and will not need to be removed. They should dissolve after 7-10 days.

It is normal for bleeding to occur at the surgery site on the day of surgery.

Your child will need to remain on the ward for a few hours after the surgery. They will be able to eat and drink on the ward.

Are there any risks?

Any surgery carries a risk of infection or bleeding. There may be bruising under the skin following the surgery, this can be reduced using a pressure dressing.

Following general anaesthetic, your child may feel sick and vomit, have a headache or sore throat, or feel dizzy. These feelings are usually temporary and do not last long.

Very occasionally, the hernia may return following surgery. In this case, your child will need further investigations.

Pain

Your child may feel some initial pain or discomfort after the surgery, you may give regular pain relief such as paracetamol (Calpol) and ibuprofen (Nurofen) to improve this for the first few days. **Please ensure that you follow the instructions on the bottle.**

Paracetamol can be given 4-6 hourly. Your child last had paracetamol at and can be given more at
Do not give more than 4 doses in 24 hours.

Ibuprofen can be given 6-8 hourly. Your child last had ibuprofen at and can be given more at
Do not give more than 3 doses in 24 hours.

Returning to normal activities

Your child should rest at home for the first few days and can return to school / nursery when they are comfortable, usually after 2 days.

We recommend avoiding sporting activities until your child is comfortable, this usually around 2 weeks after the surgery.

Your child can start running around again when they feel comfortable. There is not exact timing for this, your child will start again when they feel comfortable, and we advise allowing them to do so.

We recommend wearing loose clothing for a while as tight clothing may rub on the area which can cause pain and discomfort.

The wound must be kept clean and dry for the first 3-4 days. If possible, please avoid baths and showers. Do not use bathing products (for example, shower gel) directly over the wound while it is healing. Dry the surrounding area of the wound carefully by patting gently. Please allow the wound to air dry.

Once the wound has healed, you may use petroleum jelly or a fragrance-free moisturiser to reduce the noticeability or the scar.

Concerns

If your child experiences any of the following symptoms, please contact your GP:

- A high temperature
- The wound becomes red, swollen, hot and / or oozing
- Persistent pain

If a lot of bleeding occurs and does not show any signs of stopping after 10 minutes, apply pressure and go to Accident and Emergency at St Peter's Hospital.

For general queries following surgery please contact Oak ward

Oak Ward 01932 722016

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने उगठू उवजमे दी लैर वै उं विरपा वववे िम नंघर उे देन ववे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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