

Inguinal Hernia/ Hydrocele Repair



Surgical Department
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About hernias and hydroceles

A hernia is a weak area in the lower abdominal wall that allows part of an organ to bulge into the groin or genital area. A smaller weak spot that allows only fluid through is called a hydrocele.

About treatment

- Most children can have a hernia or hydrocele repaired with surgery. The operation takes less than 1 hour. It is usually done as part of the surgical day care program. Your child comes in the morning and goes home a few hours after the surgery. If your baby was born prematurely, they may have to stay overnight in hospital.
- Please make sure your child follows the fasting instructions so they can have a safe general anesthetic.

After the surgery

- Children usually recover quickly from this surgery.
- Your child will be given pain medicine during the surgery. It will keep him/her comfortable for up to 8 hours.
- If your child is in pain, give acetaminophen (e.g. Tylenol™) or ibuprofen (e.g. Motrin™). Check the instructions for the right dose.
- Your child may feel sick after the surgery. Offer sips of clear fluids or popsicles to suck on until they feel like eating again.

Taking care of the incision

- All stitches are under the skin and will dissolve on their own.
- There will be little strips of tape over the incision. These will fall off in 7 to 10 days.
- The scar will look red and lumpy. It will fade in time.
- You may see some swelling around the incision for 3 to 4 weeks.
- Boys may have some swelling in the scrotum for several weeks or months.
- Keep the incision clean and dry. Change diapers more often for the next 2 days.
- Your child can bathe normally unless you are instructed otherwise.

What about school and activities?

- Let your child do what they feel able to do. Most children will limit their own activities to what feels comfortable.
- Your child can return to school as soon as they feel ready. They may need to sit out some gym activities.
- For 2 weeks, keep your child out of activities where there is a risk of injury to the incision, like contact sports, martial arts, climbing, etc.
- No swimming for 3 days.

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Follow-up

Your surgeon will discuss this with you.



Call your child's surgeon if:

- There is redness or pain at the incision site AND your child has a fever for more than 1 day OR the fever is higher than 38 degrees Celcius.
- The pain, swelling or redness around the incision gets worse instead of better.
- The incision drains pus.
- The incision begins to bleed (a little dry blood is of no concern).
- You are worried about your child's recovery.

At Children's & Women's Health Centre of British Columbia we believe parents are partners on the health care team. We want you to be as informed as possible. This brochure will answer some of your questions. Please ask about things you do not understand and share your concerns.



If you have any questions, please call: 604-875-2345, local 7720