

Home Care following Hernia/Hydrocele Repair

What to expect

- Your child will be able to go home the same day of the operation.
- Your child may experience some soreness, swelling, and bruising of his groin area for a few days.
- The swelling and bruising will go away. The soreness can be partly relieved with medications.
- If a dressing is placed over the incision, keep the bandage clean and dry for 2 days, and then you may remove it. There may be a small amount of drainage from the stitches. If the dressing gets wet with urine change it immediately.
- If the incision is closed with tape (steri-strips), these can be removed as they peel off the skin (in 5-7 days).
- Sometimes skin glue will have been used instead of a dressing. If there is skin glue then this usually falls off after one to two weeks. It is okay for the skin glue to get wet.

Bathing

- Short tub baths or showers are fine 48 hours after surgery. Wash with soap and water.
- Check your child's incision each time you change his diaper (every 3-4 hours) or when he goes to the bathroom.

Activity

- No roughhousing or tumbling for 3 weeks. No sports, bike riding or straddle toys, walkers, swings, jumpers, etc. for 3 weeks.
- No swimming until 2 weeks after surgery.
- You should still put your child in their car seat normally following surgery.
- Your child can return to school when they are comfortable and not taking prescription pain medications.

Diet

- Your child may eat a normal diet. Start off with clear liquids, like juices, popsicles, water, or ice. Start solid food slowly after this with a little bit at a time. It is not unusual for the child to throw up in the first day after surgery and this is from the medicines used to make them sleepy during the surgery.

Medications

- If a pain medication is prescribed for your child give it to him for severe pain only. This medication is usually not needed after one to two days after surgery. If the pain is less severe, then using Tylenol and Motrin may help. It is okay to give Motrin with the prescription pain medication **but it is not okay to give Tylenol with the prescription pain medication since both medications contain Tylenol.**

Things to Check For

- Swelling (a small amount is normal)
- Oozing of blood or active bleeding (a small amount is normal)
- Bad odor
- Pus
- Usual number of wet diapers or urinating as often as usual

When to Call

- Fever of 101F degrees or higher.
- Bleeding more than 2 inches in diameter on the diaper or underwear.
- Concerns for infection at the site of surgery.
- Any other problems, concerns, or questions.

How to Reach Us

- **Non urgent** general questions during weekdays call the Pediatric Urology Clinic, from 8:30am-4:30pm at **503-494-4808.**
- Evenings, weekends, and holidays, call the hospital operator 503-494-8311. Ask for the pediatric urology resident on call.