Home care after hernia or hydrocele repair

What to expect

Your child will be able to go home the day of their surgery. They may have some soreness, swelling, and bruising in the groin area for a few days. The swelling and bruising will go away. Medications will help relieve the soreness.

- The doctor used skin glue instead of a bandage. It will fall off in 1 or 2 weeks. It is OK if it gets wet.
- Your child may have a sore throat on the day of surgery.
- Your child may have red marks on their face. This is from tape used during surgery.
- Check your child’s surgical cut each time you change their diaper (every 3-4 hours) or when they go to the bathroom.

Eating and activity

- Your child should be very careful walking and doing basic activities for 24 hours after the end of their surgery. This is because having general anesthesia can affect their coordination. Older children should not drive, take tests in school or be left alone for 24 hours after the end of surgery.
- Your child may have an upset stomach or throw up after anesthesia. Start off with things like juices, popsicles, water or ice. If your child is hungry give them a small, light meal. For example, they can try eating some toast without butter or some plain rice and applesauce. Make sure they are drinking plenty of liquids.
- No sports, bike riding or straddle toys, walkers, swings, jumpers, climbing structures, etc. for 2 weeks. Try to keep your child’s activity level low during this time.
- Your child should use their car seat, booster seat or seat belt normally. You should not adjust or change anything after surgery.

Bathing and water

- Short tub baths or showers are fine 48 hours (2 days) after surgery. Wash with soap and water.
- No swimming until 2 weeks after surgery.
**Medication**

For mild to moderate pain:

Give your child ibuprofen (Advil, Motrin) and acetaminophen (Tylenol). Give one, but not both, every 3 hours. For example, if you give ibuprofen first, give acetaminophen 3 hours later. Then 3 hours later give ibuprofen again. Keep switching back and forth during the day and night as needed.

For severe pain:

The doctor might have prescribed pain medication for your child. Only use it for severe (very bad) pain. Your child may not need this at all. If you think your child has severe pain, but you did not get a prescription for pain medication, call our office right away.

It is OK to:

- Give pain medications less often or not at all if you think your child is comfortable without medication.
  Make sure you are writing down the time and name of medications you give. Use pain control methods like comforting, breast feeding, bottle feeding, ice packs, distraction, and limiting your child’s activity.
- If you have leftover medications after your child gets better, please talk to your pharmacist about getting rid of them. **Do not** put them in the sink or flush them down the toilet.

**Constipation**

- Your child may be constipated after surgery. They may have difficulty pooping at all. Or they may have small, hard or painful poop. The constipation comes from the anesthesia medication and pain medications we gave your child.
- If your child is constipated before surgery, you may want to consider doing the following things.
  - Give them more liquids, unless your doctor tells you not to.
  - Give them more foods that are high in fiber, such as whole wheat bread.
  - Give your child apple, pear or prune juice to drink.
  - Give your child medications such as MiraLAX or suppositories.

If your child has never taken medications for constipation, talk with their doctor first.

**Using MyChart for medical information**

MyChart is a way to get your child’s medical information online. Please set up a MyChart account for your child as soon as possible, if you do not have one.

- You need to call our office or go to the front desk during business hours to get an account.
- It is best to have MyChart set up before your child’s surgery.
- You can use MyChart to send messages to your child’s doctor. You can also send us photos after surgery and ask general questions.
- If you are sending a MyChart message with a photo or an urgent concern, you **must** call our office as well. This lets us know to check the message right away.
When to call your doctor

Call us at 503-494-4808 (8 a.m.– 5 p.m., Monday – Friday) if you have questions, concerns or your child has any of the following:

- **Swelling** (a small amount is normal)
- **Bleeding** (small dots of blood is normal)
- **Fever** of 101 degrees or higher.
- **Less pee** than usual, or fewer wet diapers
- **Redness, pain** that is getting worse or **pus** coming from the surgery area
- **Pain** even after pain medicine is given
- **Not eating or drinking well**, or **unusually fussy or tired**

You may send a photo through MyChart. Please call us if you do this.

You may also call us toll free at **1-888-222-6478 and dial extension 4-4808**. After hours and on weekends and holidays, call **503-494-8311** and ask for the pediatric urology doctor on call.