



Children's Urology Group, PL

## HERNIA AND HYDROCELE

### POSTOPERATIVE CARE OF YOUR CHILD

#### **WHILE YOU ARE STILL IN THE HOSPITAL**

1. Following surgery, your child will be encouraged to drink clear liquids when he is fully awake.
2. He will be discharged home from the hospital when he is tolerating the fluids without vomiting. Nausea and vomiting are common reactions to the anesthesia.

#### **UPON YOUR ARRIVAL HOME**

##### **BANDAGE/SURGICAL SITE**

1. No special care is required for the surgical site.
2. The small bandage strips (and oftentimes a clear plastic bandage) covering the wound will peel off within one week. Once they have fallen off, there is no need to cover the wound with a new bandage.
3. Do not worry if you see a little blood spotting through the bandage.
4. You DO NOT need to replace the bandage even if it falls off on the day of surgery.
5. Expect some swelling and bruising in the region of the surgical site and the scrotum. There also may be some puckering of the skin at the incision. These changes will resolve over the course of the next few weeks.

##### **DIET**

1. You may feed your child juices, Jell-O and clear broth for the first postoperative day/evening. You may gradually start him on regular solid foods that evening.
2. A regular diet on the day of surgery may be resumed if he tolerates the above diet.
3. Resume a regular diet the next morning.

##### **MEDICATIONS**

1. You should give your child **plain Tylenol** (acetaminophen) **every 4 - 6 hours** for the first 24 hours. (DO NOT awaken your child to administer a dose.)
2. For severe pain your doctor may have prescribed **Tylenol with codeine**. Use this as directed on the bottle.

##### **ACTIVITIES**

1. **AVOID** any vigorous activity including straddling toys, bicycle, tricycle riding, or monkey bars.

2. Your child may walk up and down stairs, sit in a high chair and ride in the car **with** all straps of the infant/child safety seat/high chair in place.
3. He may swim in a pool in two days and in a lake and salt water only after he has returned for the 2-week check-up in the office.
4. Return to school or daycare should be individualized. He may return the second or third day after surgery if adequate supervision is available to protect against a direct blow to the wound, or use of straddle toys.

### **BATHING**

1. Sponge bathe your child for the first two days. Regular bathing may resume after three days unless otherwise directed by your doctor.
2. You may bathe your child with the dressing in place. He may sit in a bath of warm water only (no soaps or additives to the water) for a maximum of 10 minutes, 2 - 3 times per day. This will help to alleviate discomfort and swelling. You may use soap to wash him in a routine fashion.
3. If the dressing begins to fall off, you may remove it.
4. Your child may enter a chlorinated pool once you have resumed bathing.

### **FEVER**

1. If your child has a temperature below 102F give Tylenol as directed.
2. For a temperature of 102F or higher give Tylenol and please notify the doctor.

### **WHEN TO CALL THE DOCTOR:**

Call your doctor **if any** of the following occur:

**If** your child develops a fever of more than 102 degrees (101 degrees rectally).

**If** your child's incision sites develop **extreme** redness, or are very warm to the touch.

**If** you notice very thick, copious discolored drainage from the incision site.

**If** the scrotum becomes increasingly swollen, red or tense.

**If** bleeding occurs that is continuous.

### **DIAPERS** (if your child is currently in diapers)

1. Double diaper your child for added protection of the operative site for the first few days.
2. Change your child's diapers more frequently during the first postoperative week.

### **POSTOPERATIVE OFFICE VISIT**

1. Please schedule a postoperative visit for 2 weeks following the date of surgery (unless otherwise directed by your doctor) by calling the nearest office during the hours of 8:00 a.m. to 5:00 p.m., Monday through Friday.

St. Petersburg: 727.456.1055

Tampa: 813.874.7500

To reach the doctor after the above hours and on weekends, the answering service will direct you from the above telephone numbers.