



Children's Urology Group, PL

## HERNIA AND HYDROCELE

### POSTOPERATIVE CARE OF YOUR CHILD

#### 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 groin wound may peel off within one week, or even sooner. Once they have fallen off, there is no need to cover the wound with a new bandage. If the bandage has not fallen off after **one week**, please remove it.
3. Do not worry if you see a little blood spotting through the bandage or on the scrotum or wound, or bruising.
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. Feed your child juices, Jell-O and clear broth when you arrive home and **ADVANCE HIM TO HIS NORMAL DIET AS TOLERATED.**
2. If he is nauseous, **DO NOT** force food or liquid.

##### MEDICATIONS

1. For severe pain your doctor may have prescribed **Tylenol with codeine/ Hydrocodone**. Use this as directed on the bottle. **DO NOT** awaken your child just to administer a dose.

##### 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 one week if the wound looks fine 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, and he is not requiring pain medicine. Otherwise, wait one week.

### **BATHING**

1. Sponge bathe your child for the first three 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 10 minutes, up to 2 - 3 times per day. This will help to alleviate discomfort and swelling.
3. If the dressing begins to fall off, you may remove it.

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

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 or tense.

If bleeding occurs that is continuous.

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

1. 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.