

Care Following Umbilical Herniotomy

Discharge from hospital:

An umbilical herniotomy is usually a day only procedure: therefore your child will usually be discharged home the day of surgery.

Diet:

Once your child is fully awake after the procedure he/she will be offered clear fluids and if this is tolerated, he/she can then progress to a normal diet. Infants can resume breast feeding or formula once they have tolerated water.

Pain relief:

Your child will have an anaesthetic block and local anaesthetic in the wound that usually lasts for about 8 hours. After this paracetamol is the drug of choice if pain relief is required. The nurse can advise you of the dosage before you leave the hospital. For older children Painstop may be useful; the anaesthetist will advise you of this on the day.

NOTE: Do not use Aspirin or Disprin as this may promote bleeding.

Wound care:

- The wound is sutured with dissolving stitches, which are completely hidden under the wound.
- The umbilicus will have a pack in it, which will need to be removed after 4 days. If it comes out earlier, that is alright -just place a simple dressing such as a band aid over the wound.
- The wound will go hard in the next few weeks as it heals. There may be some bruising and local swelling. There may be some swelling. Sometimes the swelling may look as though the hernia recurred.
- Bathing may commence 4 days after surgery. Do not soak the wound. Dry the wound gently but well.

Complications:

Vomiting post anaesthetic may occur and it is best to give nothing for an hour and then only offer water in small amounts until the vomiting / nausea have stopped.

You should contact Dr Henry's rooms or the hospital if the following occurs:

- Your child develops a temperature above 38°C.
- Pain is not relieved by the recommended dose of paracetamol.
- Your child's wound is hot, red and angry looking or if it is gaping, discharging or bleeding.

Back to school:

Keep your child home for 2 or 3 days. If your child has no discomfort then school can be commenced 3 days after the operation. Swimming and most normal activities can commence 10 days after the operation. Active contact sports such as football should be avoided for at least 2 weeks.

Follow up appointment:

Please call Dr Henry's rooms on 9650-4422 when you get home to book your post operative appointment. This is usually 4 weeks after surgery but if you have any concerns before this please call. Should a medical certificate be required please contact us and one can be provided.