Epigastric Hernia – Post-Operative Instructions

Your child had repair of an epigastric hernia. White tape (steri-strips) and/or a glue-like dressing cover the small incision(s).

In addition to the sedation, your child either received a local anesthetic placed in the incision(s) or a caudal anesthetic block by the anesthesia team. This local effect should last 4 to 6 hours. Should pain occur, you may give your child non-prescription acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®). Follow the package instructions for the amount to give based on your child’s age and weight. Do not give more than 5 doses of acetaminophen or 4 doses of ibuprofen in 24 hours. Ibuprofen should not be given to children less than 6 months of age. Your child’s physician may order a prescription medication for pain that does not get better with non-prescription medication. Be sure to follow all the instructions as given.

AFTER SURGERY CARE INSTRUCTIONS

Incision Care:

Your child may bathe on the fifth day after surgery, ________________ (date). Until then, sponge bathe your child and avoid getting the incision wet. Should the incision get wet within the first five days, gently blot the water from the incision(s). If your child has steri-strips on his incision, they will curl up and fall off in time. Do not pull them off. Notify your child’s doctor if there is any redness or drainage from the incision(s).

Activity:

Depending on your child’s age, activity may be limited. For children between 2 and 5 years of age, encourage quiet activities for the first week. After that time, your child may return to regular activities. Children older than 5 years of age should not participate in any sports activities (including running, jumping, climbing, bicycling, football, basketball, soccer, etc.) until after they see their doctor at the post-operative visit. After this evaluation, your child's doctor will tell you what activities can be resumed.

Fever:

Your child may have a fever up to 101° F (38.3° C) on the day after surgery.

Follow-Up Appointment:

An appointment for your child is generally made 10 days to 2 weeks following surgery. Call to schedule an appointment if one was not made before your child was discharged.

Children’s Mercy Hospital Surgery Clinic: (816) 234-3199
Children’s Mercy South Clinic: (913) 696-8570
Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- Your child has a fever greater than 101° F (38.3° C) after the first day after surgery.
- The incision(s) line comes apart.
- There is redness, swelling, or drainage at the incision site.
- There is bleeding at the incision(s) site.
- Your child has severe nausea and/or vomiting or will not drink or eat.
- You have questions or concerns.