Your child had a repair of an umbilical (belly-button) hernia that did not close on its own. A sterile dressing has been placed over the umbilicus and covered with a bandage.

In addition to the sedation, your child either received a local anesthetic placed in the incision or a caudal anesthetic block by the anesthesia team. This local effect should last 4 to 6 hours. If your child has pain, 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 the instructions as given.

Some children develop nausea following the surgery. This usually goes away the next day. Your child should have a liquid diet on the night of the surgery if he feels nauseous. If your child does not feel nauseous, he can eat regular food.

AFTER SURGERY CARE INSTRUCTIONS

Incision Care:

Your child may bathe or shower on the fifth day after surgery, ________________ (date). Until then, sponge bathe your child to avoid getting the incision wet. Should the incision get wet within the first 5 days, gently blot the water from the incision. You may remove the dressing in ______ days. The steri-strips 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.

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, activity will not be restricted.

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 line comes apart.
- There is redness, swelling, or drainage at the incision site.
- There is bleeding at the incision site.
- Your child has severe nausea and/or vomiting, or is not drinking or eating.
- You have questions or concerns.