Inguinal Hernia –
Post-Operative Instructions

Your child had an inguinal hernia repair on ________________ side(s). 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 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 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(s) wet. Should the incision get wet
within the first five days, gently blot the water from the incision(s). If your infant soils his
diaper and stool gets on the incision, clean the area gently with soap and water. 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(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 your child can resume.

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.
- You have questions or concerns.