

Hernia Female

Post-op Instructions

Appearance

- Your daughter will have a small incision in her groin area. The incision will be covered with Dermabond or surgical glue.
- Your daughter will have stitches underneath the skin that will dissolve on their own and do not need to be removed.
- The incision may feel lumpy after surgery, but it should become smooth over the next six months.

Dressing/Wound Care

- There may be a dressing over the incision which can be removed in _____ days.
- If your child has bleeding that is soaking the dressing, apply gentle pressure for 10 full minutes without letting go to look at area. If the bleeding continues, please call the office.

Activity/Bathing

- Your daughter may return to school or daycare when comfortable, usually 3-5 days.
- Your daughter may return to playing sports or going to gym class in _____ weeks.
- Your daughter may not use straddle toys (bikes, swings, walkers) for _____ weeks after surgery.
- Do not hold your daughter on your hip for _____ weeks.
- You should continue to use your daughter's car seat.
- Give your daughter sponge baths for the first _____ days. Your daughter may shower or bathe in the tub in _____ days.
- Use only warm water for the first bath (do not use soap) and gently pat the incision area dry without rubbing.

Pain Management

- Children recovering from surgery may have some soreness.
- Give the medication as prescribed by your daughter's doctor on a regular schedule for the first 24 hours.
- Dress your child in loose fitting clothing.

Nutrition/Bowel Movements

- You daughter can return slowly her regular diet after surgery.
 - When you get home after surgery give foods to help prevent stomach upset- apple juice, popsicles, ginger ale, Jell-O, soup & crackers, or toast.
- Your daughter might vomit from the anesthesia on the day of surgery, but this should stop by the morning after surgery. Call the office if vomiting persists.

Call the hospital if your child experiences any of the following:

- Bleeding from the incision.
- Fever of 101° F or higher that is not related to a cold or virus.
- Upset stomach or vomiting after the first day home.
- Pain that is not relieved by medication.
- You see any signs of infection like redness along the incision site, increased swelling, or foul-smelling drainage from the incision.

Phone Number

Department of Urology – 508-334-8765

Find this handout and more at:

<https://www.umassmed.edu/urology/patient-education/pediatric-patient-education/>