

Advice after hernia repair

Children's Ward

Patient Information Leaflet

Introduction

This leaflet is for young people who have had an operation to repair a hernia. It gives information on what you should do when you get home. Your hospital doctor may also give you specific advice to follow.

If you have any questions or concerns, please contact a member of the Children's Ward.

Will I be in pain after the operation?

You will be uncomfortable for a few days after this operation.

When you get home, it is a good idea to have painkillers regularly, such as Calpol. You must always read the label on this medicine and do not take more than it says you should. If you need stronger medicine, we will give you this before you go home.

The pain should go away but if it gets worse, get your mum, dad or guardian to take you to your family doctor or the nearest Emergency Department.

What happens to my dressing?

The dressing will need to be left on and kept dry for 48 hours after your operation. After this time, you can take it off. It is best to do this by soaking it in the shower or bath as this makes it easier to remove.

What happens about my wound?

Once the dressing is taken off, you should have a bath every day. This will help reduce the risk of you getting an infection. Do not use any perfumed products, like shower gel or soap, until your wounds have completely healed.

It is best not to soak in the bath for a long time if you have dissolvable stitches. This may weaken the stitches which might mean that the wound takes longer to heal. Also, you will need to be careful not to damage the area around the stitches by scrubbing too hard.

As the wound heals it may feel itchy, tingly, lumpy or numb and may pull slightly around the stitches. This is normal and part of the healing process.

We normally send one of our community nurses out to your home to check the wound about one week after your operation.

If the wound becomes **very red, swollen or starts oozing fluid**, you will need to ask for advice from the Children's Ward on 01384 244271 or the nurse at your family doctor surgery.

You may have stitches which dissolve, stitches that need to be taken out or staples. The nurse will tell you which type you have before you leave hospital.

If you have stitches or staples that need to be taken out, we will give you a letter to give to the nurse at your family doctor practice. Your parent or carer can use this letter to make an appointment at your family doctor surgery to have the stitches or staples removed. This is normally between seven to 14 days after the operation.

Please note that if you have staples, you will need to make sure you have a staple remover and dressing given to you when you leave hospital. Take these to the nurse at your GP surgery when you have the staples taken out.

If you have dissolvable stitches, it is best not to soak in the bath for a long time. This will weaken the stitches which will mean your wound will take longer to heal.

When can I go back to school?

You will need to stay off school until the wound has been checked by a nurse.

What about other activities?

Do not take part in contact sports or boisterous activities for four weeks after your operation. This is to allow healing to take place.

What should I look out for?

If you have any of the following during the next few weeks, always get advice from the Children's Ward, your family doctor or the Emergency Department:

- High temperature (fever)
- A lot of pain
- Being sick

Even if the wound looks fine, this could mean that you have an infection.

Follow up

If you need to see the hospital doctor again, we will give you a follow up appointment before you leave hospital.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/c2-childrens-ward/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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