



Spire Children and Young
People's Service

Patient information

Paediatric hernia repair

This leaflet provides some standard information and advice about your child's hernia repair. However, you should always follow the instructions of your child's consultant.

If you have any unanswered questions or concerns, please do not hesitate to ask your child's consultant or nurse for more information. It is natural to feel anxious, but knowing what to expect can often help.

The information contained in this leaflet is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.



Ward: 01925 215 070



Main reception: 01925 265 000



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Spire
Cheshire Hospital

What is a hernia?

A hernia describes a small piece of abdominal lining, and sometimes a section of the bowel, which bulges out through a weak area in the muscles of the abdominal wall. This bulge can be more visible when your child cries, coughs or strains. Your child's hernia will be described as inguinal, epi-gastric, femoral or umbilical, depending on the area affected. All are treated in the same way.

The procedure is done under a general anaesthetic, which means your child will be asleep throughout and not feel any pain.

About the operation

You will be encouraged to stay with your child as far as the anaesthetic room. Once your child is asleep the nurse will escort you back to their room.

The doctor will make a small cut over the bulge in the abdomen and the abdominal lining. The bulge will then be pushed back into place. The muscle wall will be repaired and the cut will be closed with stitches, these stitches are usually dissolvable and do not need to be removed.

After the operation

Your child will be taken from the operating theatre to the recovery room, where they can come round from the anaesthetic under close supervision. Once your child begins to wake, the nurse will escort you to collect them and return to their room on the ward.

Once on the ward, the nurse will make your child comfortable and continue to observe them. Your child will need to rest on the bed or on your lap until the effects of the anaesthetic have passed.

The consultant will come to see your child and discuss any findings from the operation and follow up care. Once your child has recovered sufficiently they will be able to go home.

Looking after your child at home

After the operation, your child may feel some tenderness and have bruising around the wound. The site will be covered with a clear dressing which should stay in place for up to a week.

Your child will be restricted from taking a bath, to keep the wound site as dry as possible until the dressing is removed.

Your child should avoid rough play and sport for at least 2 weeks after surgery.

You should give your child regular pain relief for the first 48 hours and then as often as it seems to be needed. This will be explained to you before you leave the hospital.

Contact the hospital if your child develops any of the following symptoms:

- Your child develops a fever
- Your child is in a lot of pain and pain relief does not seem to help
- If there is oozing from the wound, such as bleeding, or a smelly discharge
- If the wound site looks red or inflamed and feels hotter than the surrounding skin.

If you have any questions or concerns, please do not hesitate to contact the ward on 01925 215 070 or main reception on 01925 265 000.

Spire Cheshire Hospital does not have an accident and emergency department therefore if your concerns are of a serious nature please seek immediate medical attention from your local accident and emergency department.