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## **Pediatric inguinal hernia & hydrocele: pre- and post-operative care instructions**



(Image Source: [https://www.hernia.com.tw/mobile/understand\\_d.php?id=38](https://www.hernia.com.tw/mobile/understand_d.php?id=38))

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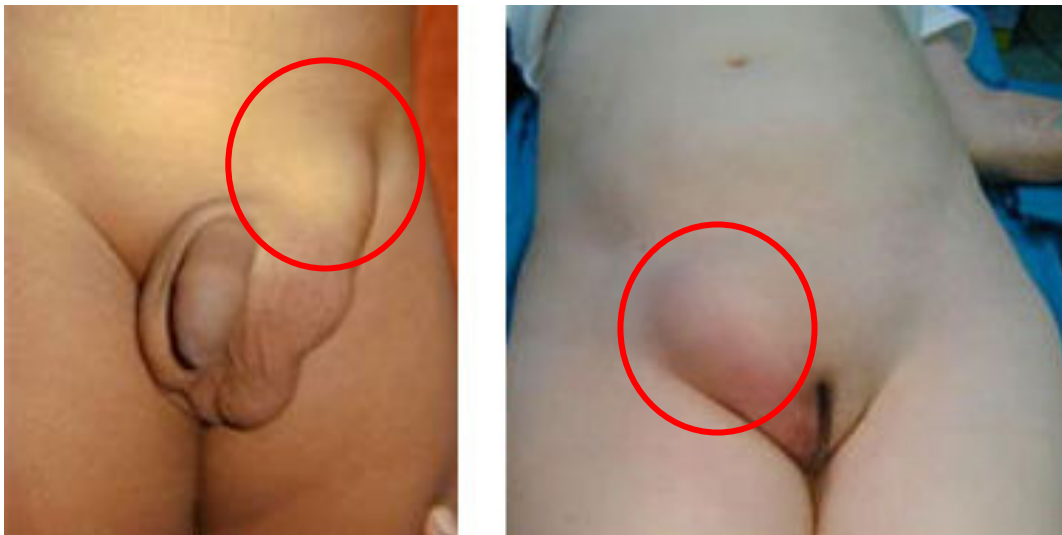
All information above has been reviewed by pediatric surgery specialists  
Edited and published by the Department of Nursing,  
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## I. Inguinal hernia :

When abdominal contents (usually intestine) migrate into hernia sac, groin will bulge which called inguinal hernia. If intestinal herniations are not reduced, which caused to compromised blood circulation, necrotizing intestines may develop. Thus, whenever the diagnosis of inguinal hernia is established, surgical repair is advised.

## II. Hydrocele of scrotum :

Fluid in abdominal cavity accumulates in scrotum via unclosed process vaginalis. If the conditions still present until one year old, surgery is advised.



(Image Source: <http://www.tand.org.tw/publications/into.asp?/436.html>)

## III. Pre-operative preparation:

- (1) Surgeons and anesthetist will explain the risks, prognosis and possible complications of the operation. Please sign the operation consent after understanding whole informations.
- (2) Do not eat or drink anything before 8 hours of the surgery, children under 2 years old need fasting for 6 hours.

- (3) Report to operation room on scheduled time and date, and please wait patiently in the ward

#### IV. Post-operative care:

- (1) After surgery, the patients will be transferred to recovery room. After waking from anesthesia under relatively stable vital signs, the patient will be back to our ward .Nurse will give analgesics if necessary.
- (2)The patient should not eat or drink anything within 2-4 hours After waking up (by our instructions). You can try a little water. If there is no nausea, vomiting or dizziness after drinking water 30 minutes, the patient could began to eat . There is no special dietary restrictions.
- (3) Groin wounds are pasted with transparent dressings.A little wound oozing is a normal situation.
- (4)Please avoid excessive crying so as not to affect the wound healing.

#### V.Post-operative home care:

- (1) There will be mild fever in the first three days after surgery (temperature about 38°C by ear thermometer). It is a normal reaction. You do not have to worry about it. You can take off the clothes or reduce cover first when the condition happened and then take medications prescribed.
- (2) If the wound pain or higher body temperature than 38.5°C (ear temperature) is noted. You can take medications prescribed, such as acetaminophen. Normally, no antibiotics are required.
- (3) Do not touch water within the first three days. The patient can take showers on the fourth day, but not a bath. Within the transparent

dressing, a small amount of blood will be seen. You do not have to change the dressing. Laparoscopic surgery, do not touch the wound with water, don't remove dressings and keep the wound dry. The wound will be examined one week later at our clinic. No stitches need to be removed.

(4) If you note increasing bleeding or discharge from wound. Bring the patients to our clinic or emergency room immediately.

(5) Within the first month after surgery, do not carry heavy stuff and avoid excessive exercise.

Note: The last but not least, if you have any questions. Please feel free to ask us, we would like to help you.



## VI. Conclusion :

The wound after surgery is small, but it should be kept dry. Return to the hospital regularly, do not exercise excessively in order to promote the wound healing.

## VII.Reference :

- Shakil, A., Aparicio, K., Barta, E., & Munez, K. (2020). Inguinal hernias: diagnosis and management. *American family physician*, 102(8), 487-492.
- Burton, V., & Perez, A. J. (2021). Comparison of open and laparoscopic inguinal hernia repair. *Mini-invasive Surgery*, 5, 26.  
<http://doi.org/10.20517/2574-1225.2021.26>.

Let's take a test to confirm that you have a thorough understanding.

1. Fasting is required for 8 hours before surgery; for children under 2 years old, fasting may be reduced to 6 hours.  
☐YES   ☐NO   ☐Not sure
2. After surgery, there will be an incision at the lower abdomen inguinal area, covered with transparent waterproof dressing. A slight oozing of blood is considered normal.  
☐YES   ☐NO   ☐Not sure
3. Keep the incision dry for the first three days after the surgery. Starting from the fourth day, you can take showers and baths with running water.  
☐YES   ☐NO   ☐Not sure
4. Just keep the incision dry. When you come for a follow-up appointment one week after the surgery, the doctor will change the dressing; there's no need for suture removal.  
☐YES   ☐NO   ☐Not sure
5. If there is an abnormal increase in bleeding from the incision after discharge, please seek medical attention immediately.  
☐YES   ☐NO   ☐Not sure