

Inguinal Hernia Repair – Advice for Parents / Carers



Name:

Who to contact and how:

Notes:

Diana, Princess of Wales
Scarcho Road
Grimsby
DN33 2BA
03033 306999
www.nlg.nhs.uk

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH
03033 306999
www.nlg.nhs.uk

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX
03033 306999
www.nlg.nhs.uk



Information for patients

What is a hernia?

A hernia is a lump or swelling which occurs when a piece of the bowel or intestine pushes through a weakness in the muscles of the abdominal wall.

There are different types of hernia. This depends on where they are on your child's body:

- Inguinal – in the groin (area between the lower stomach and the top of the thigh)
- Umbilical – near the naval (belly button)
- Incisional – result of previous surgery

This leaflet has been written for parents / carers of children who have an inguinal hernia.

Will I be able to see the hernia?

You may be able to see the hernia more clearly when your child is laughing, crying, coughing or straining to go to the toilet.

The lump may disappear or become smaller when your child is relaxed or lying down.

Why does my child need an operation?

They require an operation to close the inguinal canal to stop the bowel slipping through. This is called a herniotomy.

Most inguinal hernias are reducible and not painful. The bowel moves easily in and out of the inguinal canal and it can gently be pushed back to the normal position.

Some hernias are irreducible. This means the bowel becomes stuck or difficult to gently push back to the normal position and the lump is swollen and fixed in place. If this happens a small piece of the intestine or bowel could have got caught and trapped in the hernia. This can cause pain and vomiting. The lump may become red and tender.

If your child develops any stomach pain or vomiting with a lump present that will not reduce you should contact your GP or seek medical advice immediately.

Will my child have to have a general anaesthetic?

Yes, the operation will be undertaken under general anaesthetic.

The surgeon will repair the weakness in the muscles through a small cut and will push the bowel or intestine back into their normal place.

How long will my child remain in hospital?

This will depend on how your child recovers, but usually they will be discharged home on the same day or within 24 hours of the operation.

Information for patients

As your child has had a general anaesthetic they will not be allowed home until all their observations (temperature, pulse and breathing) are within normal limits. Doctors will review your child before they are discharged home.

Advice Upon Discharge

Following the operation:

- The wound will appear slightly red and swollen. The swelling will go down normally within 2 weeks
- The wound will be covered by a small dressing. This can be removed 48 hours after the operation
- When the dressing is removed please bath your child daily
- Do not put bubble bath in the bath water
- Please discourage your child from touching the wound

In order to aid your child's recovery we recommend the following:

- On the day of discharge encourage them to rest at home
- Limit their activities for the next few days and allow them to only move about gently
- Allow a light diet on the day of discharge, returning to a normal diet the following day
- Provide your child with pain relief as required, e.g. Paracetamol / Ibuprofen for a few days after the operation

When will the stitches be removed?

This will depend upon the type of stitches your child has. Nursing / medical staff will be able to advise you of this following the Operation:

- Dissolvable stitches will dissolve and fall out within 2 to 4 weeks
- If the stitches have to be removed, this should be done 7 to 10 days after the operation. You should make an appointment with your child's GP or Practice Nurse for these to be removed

When can my child return to school?

They will need to be off school for about 2 weeks after the operation.

They should not do any sport, bike riding, lifting or swimming for about 4 to 6 weeks.

Will my child need to be seen after leaving hospital?

Children are not usually reviewed again at the hospital. However if the surgeon wishes to see your child again in the outpatient clinic, you will be advised of this upon discharge.

Information for patients

Your child may be referred to the Children's Community Nurse for advice and support.

What are the benefits of this operation?

After the operation the piece of bowel will no longer be trapped in the hernia.

The bulge or lump will no longer be there.

What are the risks?

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

Below are some of the risks:

- Some bruising and / or swelling of the wound / testicles may occur. This should disappear
- Bleeding may occur from the wound site. If so, apply light pressure and if the bleeding persists, seek medical advice
- The wound may become infected. If the wound is red, excessively tender or has persistent oozing please seek medical advice as soon as possible
- Numbness & tingling sensations in the groin area are common after surgery. This is because nerves can be caught in the muscle stitches. This may last for up to one year. The numbness may be permanent but it does not usually cause any problems
- Some children experience difficulty in passing urine in the first few days. If your child is unable to pass urine and it causes discomfort, please seek medical advice
- There is a possibility the hernia may recur
- Some children suffer side effects like sickness and or a sore throat from the general anaesthetic, but this will go

Alternatives

If the hernia needs to be treated there is no alternative treatment apart from an operation. However if the hernia does not bother your child, it may not need to be treated.

Contact Details

Rainforest Ward, Diana Princess of Wales Hospital, Grimsby
Tel 03033 304477 or 03033 304478

Children's Services Community Nursing Team – Grimsby
Tel 03033 304509 or 03033 305193

Disney Ward, Scunthorpe General Hospital
Tel 03033 302553

Children's Services Community Nursing Team – Scunthorpe
Tel 03033 306155 or 03033 306153

Information for patients

References

www.nhs.uk/conditions/inguinalherniarepair

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at nlg-tr.interpreters@nhs.net

Date of Issue: September, 2018

Review Period: September, 2021

Author: Paediatric Manager

IFP-0688 v1.2

© NLGFT 2018

