



Pediatric Post-Operative Inguinal Hernia Repair/Orchiopexy Instructions

Diet

Your child may return to their normal diet after surgery. Mild nausea and vomiting may occur following surgery. This is usually due to the side effects of anesthesia and will resolve soon. We suggest clear liquids and a light meal following surgery, until your child's appetite fully returns.

Activity

Try to keep your child relatively inactive the first 72 hours following surgery. He may then begin activity as tolerated. Your child must avoid contact sports and swimming for 4 weeks following surgery. He will also need to avoid straddle toys (bicycles/jumpers) for 6 weeks following surgery.

Hygiene/Wound Care

The stitches used to close the incision will dissolve on their own in 2-4 weeks. The skin glue covering the incision will peel off gradually. Your child may resume their normal bathing routine 48 hours after surgery; however, avoid long baths that soak the sutures. After bathing, the area should be allowed to air dry. It is normal for the scrotum to appear bruised and swollen; however, it should not look "like an eggplant". If you have concerns about severe bruising and swelling, please call the office.

Medications

In most cases, your child will be sent home with prescription pain medication. You may also be instructed to alternate prescription pain medication with Ibuprofen every 3 hours for severe pain. If the pain medication you are sent home with does not control the pain when being used as directed, call the office. For mild pain or discomfort, you may give your child over-the-counter Tylenol (acetaminophen) or Ibuprofen as directed on the bottle. Remember, no additional Tylenol products should be used while taking prescription Acetaminophen/Hydrocodone or Hycet Elixir.

Problems to Report

- Any active bleeding
- Fever > 101 degrees
- Persistent vomiting
- Difficulty breathing
- Inability to urinate
- Streaking redness from the incision
- Drainage from the incision
- Excessive pain/sudden scrotal swelling
- Any concerns regarding the dressing
- Any other problems/questions/concerns

Follow-Up

Our office will call you a few days following surgery to check on your child's progress and to set up his 6-week follow-up appointment.

Contact Information

If you need to contact Alaska Urology for post-operatively concerns, please call (907) 563-3103 and ask to speak with Maria (Dr. Merriman's assistant) or nurse triage.