

## Children's inguinal hernia repair

These instructions are intended for printing. The instructions contain sections to be filled in.

Children's inguinal hernia is a minor embryonic developmental disorder, which does not necessarily present itself for several years. The hernia is a thin-walled bulging sac under the skin formed by the peritoneum (the inner membrane lining the abdomen) protruding through the inguinal canal.

### Procedure

In the surgery, which is performed under general anaesthesia, the bulging sac formed by the stretched peritoneum is tied from its base and removed.

### Treatment of pain

At the final stage of the operation, the area around the wound is anaesthetized with a long-term local anaesthetic, so that the post-operative pain would be minimal. The patient experiences pain in the wounds for a few days. It is recommended to give regular pain relief to the child for the first few days after the procedure, for example:

Paracetamol

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Anti-inflammatory

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### Wound care

After the operation, swelling and bruising may occur on the wound and scrotum. The swelling disappears within a few weeks. The wound has absorbable sutures that do not need to be removed. The child may shower after 24 hours and go to sauna after a week from the procedure.

### Recovery

The anaesthetic applied to the wound may cause temporary weakness in the leg of the operated side. On the day of the surgery, the child requires rest and adult supervision. The child may move within the limits allowed by the pain. The child may go to school/day-care after a couple of days. Bigger children should not participate in physical education for two weeks.

## Contact us

If problems in healing arise, contact:

Day Surgery Unit on working days from 07.00–15.00 telephone 06 213 1552,  
Emergency Department at other times telephone 06 213 1001, or  
Health centre or child health clinic.

Vaasa Hospital District • [www.vaasankeskussairaala.fi/en](http://www.vaasankeskussairaala.fi/en) • Telephone 06 213 1111

This instruction is intended for our patients who are in care relationship.