

## Homecare instructions after hernia repair surgery in children

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### Wound care

The wound is usually closed with tissue glue. Wash your hands before handling the wound area. The dressing covering the wound may be removed 24 hours after the procedure. Taking a shower is allowed after this. However, applying soap to the wound, rubbing or soaking it is not allowed. Taking a bath, going to the sauna or swimming is not allowed until 10 days after the procedure. If there is exudate from the wound, you should cover it with a clean dressing. After the procedure, bruising and slight swelling may appear in the wound area. This will disappear within a couple of weeks.

### Pain management

Towards the end of the procedure, the wound area is anaesthetised with a long-acting local anaesthetic that will reduce the pain on the day of the procedure. The wound is usually painful for a few days; the child should be given pain medication on a regular basis during this time.

### Exercise

Only light exercise is allowed for two weeks following the procedure. Physical exertion and lifting must be avoided for a month. The doctor will write a certificate to exempt your child from physical education or sports activities.

### Recovery at home

The child needs rest and adult supervision on the day of the procedure. No changes in diet are required after the procedure. The child may go back to day care or school 3–4 days after the procedure if the pain is under control.

### Please get in touch if

- severe stomach pain appears
- the child develops a fever above 38°C
- there is increasing warmth, redness or swelling in the wound

## Contact information

Paediatric Surgery Outpatient Clinic  
Monday to Friday 8 am–2 pm  
Tel. 02 627 7026

Day Surgery Unit  
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Tel. 02 627 3840

Paediatric ward  
Tel. 02 627 6512

