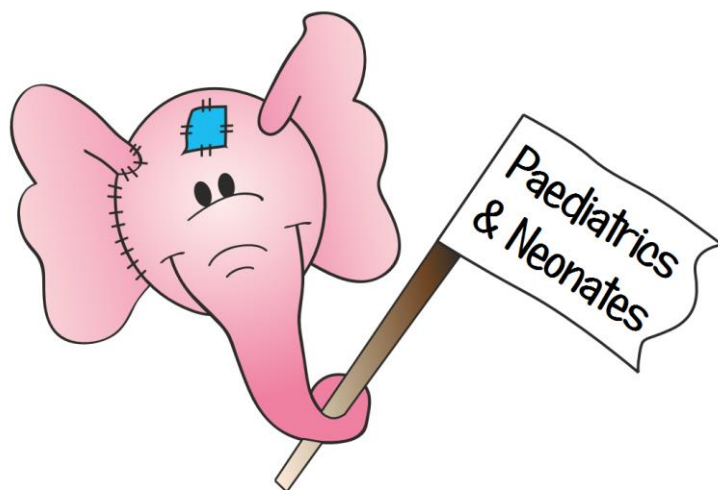


Hernia repair

Children's Ward

Parent/Carer Information Leaflet



Introduction

Your child is coming into hospital for a hernia repair. This leaflet gives information on the procedure, the benefits and risks of it and what care your child will need after the procedure.

The procedure will be carried out using a general anaesthetic, where your child will be asleep. Your child should only need to be in hospital for the day.

What is a hernia?

A hernia is where an internal part of the body, such as an organ, pushes through a weakness in the muscle or surrounding wall, creating a bulge. They are normally in the groin or belly area.

A hernia can be present from birth or can occur due to previous surgery or injury.

The operation involves strengthening the area to repair the hernia.

What are the benefits of the operation?

The hernia will be repaired. This takes away:

- Any pain that the hernia has caused.
- The risk of the hernia strangulating which can result in an emergency operation. This is when the blood supply to a section of organ or tissue trapped in the hernia becomes cut off.

What are the risks?

As with any operation, there are some risks and it is important that we make you aware of these. The risks for this operation are not common but include:

- Bleeding from the wound.
- Infection in the wound. After the procedure, if your child shows any signs of infection such as a high temperature, being sick or they are generally unwell, it is important to contact your GP for a check-up.
- There are some rare risks of general anaesthetics which you can discuss with your child's anaesthetist in more detail before the operation. After the anaesthetic, some people feel sick or are sick. Your child may have a headache, sore throat or feel dizzy or lightheaded but these effects should only be temporary.

What are the alternatives?

You will need to discuss this with your child's consultant as it depends on the type of hernia, if it is causing problems, or if it may cause problems in the future.

What happens during the procedure?

Your child will have an appointment for the morning or the afternoon.

When you arrive at the Children's Ward, a nurse will ask you some questions and assess your child's:

- blood pressure
- heart rate
- breathing rate

If you have any questions or worries, please ask the nurse who is looking after your child. They are always happy to answer your questions.

The nurse will put a wrist band on each of your child's wrists and put a numbing cream on the back of their hands. This is used so that when the anaesthetist puts a cannula into their hand to give the anaesthetic, they will not feel this being put in. A cannula is a thin, plastic tube.

The surgeon will come and see you to explain the operation. If you want your child to have the operation, the surgeon will ask you to sign a consent form, if you have not already signed one at a previous appointment.

The anaesthetist will come and see your child to check that they are well enough to have the operation.

The nurse will be able to give you a rough idea of the time your child will have the operation. We try to minimise delays as much as possible but sometimes these occur.

When it is time for your child's operation, one parent can go with them to the anaesthetic room and stay until they are asleep.

What happens after the operation?

On waking, a nurse will bring your child back to you on the ward, when the recovery team are happy with them.

During the recovery period on the ward, the nursing team will assess your child and offer them something to eat and drink, when it is safe to do so.

Your child may still have a cannula in when they come back to the ward. We recommend that this is kept in until your child goes home. This can be used to give your child medicine, if they need it. For example, some people feel sick or are sick after having a general anaesthetic. If your child feels sick, please tell the nurse and we can give them some anti-sickness medicine.

Will my child be in pain?

We will give your child pain relief while they are having their operation and they can have regular pain relief when they are back on the ward. If your child is in pain when you get home, we recommend getting pain relief such as paracetamol, if suitable for your child (always read the label; do not exceed the recommended dose). Brand names of this include Calpol, Disprol and Medinol.

When can my child go home?

We hope that your child will be in hospital just for the day but as with any operation, your child may have to stay overnight depending on the consultant's advice. One parent is welcome to stay overnight with their child.

Before they can go home, your child will need to have:

- Eaten an adequate amount of food and drink
- Had no bleeding
- Passed urine
- Stopped being sick
- A normal temperature
- The doctor's approval to go home

We recommend that your child does not travel home on public transport due to the risk of infection. Therefore, please can you make other arrangements for the journey home.

How do I care for my child after their operation?

Your child will have a dressing on which can be removed 48 hours after their operation.

To help reduce the risk of infection and maintain hygiene, your child should have a daily bath once their dressing has been removed. It is advisable not to add anything to the bath water like salt, bubble bath etc.

As the wound heals, it may feel itchy, tingly, lumpy or numb and may pull slightly around the stitches. This is normal and part of the healing process.

You will need to observe your child's wound for signs of infection such as:

- Redness
- Swelling
- Discharge (fluid)
- Excessive pain

Also your child may have a high temperature if they have an infection. If you think your child has an infection, or they have any bleeding, contact the Children's Ward or your GP. If bleeding is severe, please take your child to your nearest Emergency Department.

Your child may have stitches which dissolve, stitches that need to be taken out or staples. The nurse will tell you which type they are before you leave hospital.

If your child has stitches or staples that need to be taken out, we will give you a letter to give to the nurse at your GP practice. You can use this letter to make an appointment at your GP surgery to have the stitches or staples removed. This is normally between seven to 14 days after the operation.

Please note that if your child has staples, you will need to make sure you have a staple remover and dressing given to you when you leave hospital. Take these to the nurse at your GP surgery when your child has the staples taken out.

If your child has dissolvable stitches, it is best that they do not soak in the bath for a long time. This will weaken the stitches which will mean the wound will take longer to heal.

When should my child return to school and activities?

We recommend that your child stays away from school until their wound check about one week after their operation. Your child should not take part in sports and boisterous activities for four weeks, to allow the healing process to take place.

If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/paediatrics-and-neonatology/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔