

## Information and behaviour after surgery for a hernia, hydrocele or umbilical hernia

### The wound

The wound was closed with a self-dissolving suture and fixed with Steri-Strip plaster. It is therefore not necessary to remove the thread. You may shower your child after 3 days, a full bath is only allowed after 2 weeks when the wound is completely healed.

### Pain after the operation

In addition to the general anaesthetic, a local anaesthetic is usually administered so that your child remains pain-free for a few hours after the operation. If your child becomes restless or complains of pain in the wound area, you may give the prescribed painkiller according to the prescription of the doctor who operated on your child.

### Feeding after the operation

If your child is feeling well, he or she can eat anything he or she wants. If your child feels unwell, he/she should only eat a light meal, e.g. mashed potatoes, pasta, boiled carrots or similar.

### Physical activities after the operation

Sporting activities (playing football, cycling, school exercises, etc.) are usually not allowed until 2 weeks after the operation. However, the attending doctor may also prescribe a shorter or longer sports dispensation, depending on the degree of severity of the fracture.

### When should a doctor be consulted?

- If fever persists above 38.5°C (measured in the mouth, anus or ear).
- If there is redness or increased pain in the wound area. In these cases, present yourself and your child to your paediatrician. If this person is not available, please come immediately to the emergency ward of the UKBB.
- An initial wound check should be carried out by the paediatrician 3 to 5 days after the operation.

If you are worried or have any problems for any reason, you can contact us at any time:

T +41 61 704 12 12

We thank you for your trust and wish you and your child all the best!

The day clinic team from the UKBB