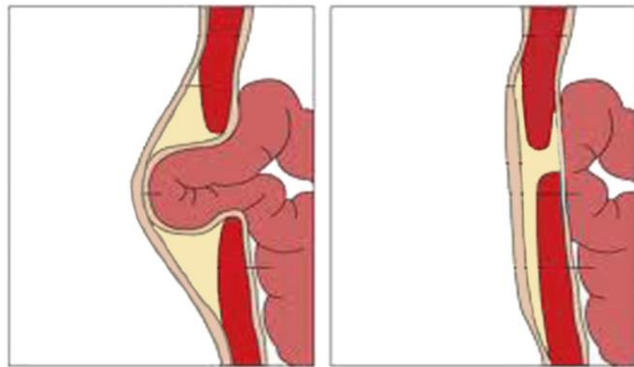


PATIENT AND FAMILY INFORMATION SHEET

Umbilical Hernia

What is an umbilical hernia?

- An umbilical hernia occurs when the intestines or fatty tissue goes through an opening or hole in the abdominal wall into the belly button (umbilicus).
- Most umbilical hernias do not need surgery because they go away by themselves. It is normal for the bulge to seem larger before the hole closes.
- Any child can be born with an umbilical hernia. They are more common in premature babies, low birth weight babies, and African American children.



How do I know if my child has an umbilical hernia?

Here are some of the symptoms your child may have:

- An umbilical hernia is found by looking at your child's belly button.
- You will see a bulge at the belly button.
- This bulge will look bigger when your child strains or cries.
- There are no special tests or procedures needed to diagnose an umbilical hernia.

How is an umbilical hernia treated?

- If the umbilical hernia does not go away by the time the child is 4 or 5 years old, the treatment is surgery.

What happens before surgery?

- An umbilical hernia is often repaired soon before the child enters kindergarten.
 - This is so the hernia is repaired without the child missing school.
- Repair may be needed sooner than age 4-5 years if the intestine or fatty tissue becomes stuck (incarcerated) or if the blood supply of the intestine is affected (strangulated).

What happens during surgery?

- A small incision (in the shape of a smile) is made in the lower part of the belly button and the abdominal opening is closed.
- Your child's surgeon will apply a bandage over the belly button at the end of the surgery.



PATIENT AND FAMILY INFORMATION SHEET

What happens after surgery?

When can I be with my child again?

As soon as your child wakes up after surgery, someone from the recovery room will call you so you can be with your child again.

Will my child have any pain?

- Your child will have some discomfort after the surgery that can be treated with over the counter pain medicines. Your surgeon may prescribe a stronger pain medication as well.
- Give pain medicine around the clock (every four to six hours as directed) for the first 24-48 hours and then as needed after that for the next three to four days.
- Please call the surgeon's office if your child is hurting and the pain is not relieved by the medicine. Some children need more pain medicine than others.

When can we go home?

- Most children can go home the same day of surgery.
- If your child has other health issues, he or she may need to stay overnight in the hospital for safety reasons. The decision to remain overnight in the hospital will be made by your child's surgeon.
- Plan on a few days off work, including the day of surgery. This will allow for quiet days for you and your child after surgery.

How do I care for my child at home?

- **Care of the incision:** There is usually a bandage on the belly button after surgery. Keep it dry and take it off when your surgeon tells you.
- **Activity limitations:** Normal activity for age. No gym, recess, contact sports or other vigorous activity until your surgeon says it is okay to do so. This can be up to 4 weeks.
- **Diet:** Your child may have their usual diet. It is not unusual for your child to be sick to their stomach for a short time after the surgery. If this happens, offer small frequent amounts of clear liquids such as juice or ginger ale.
- **Bathing:** Sponge bathe your child until the bandage is taken off. Once the bandage is taken off, your child can resume normal bathing.

When should I call the office?

If your child experiences any of the following, please call our office:

- Continued pain not relieved with pain medications
- Bleeding, drainage from the site
- Peeing less
- Fever (Temperature > 100.5°F (38.0°C))
- Vomiting

Your child will need to follow up with the surgeon.

You will receive specific instructions for follow up when your child is discharged.

Please don't hesitate to call our office if you have any problems or concerns.

Surgical provider: _____

Office Number: _____

After hours number, if applicable: _____

Thank you for allowing us to care for your child.