

How long in hospital?

Usually you can take your child home the same day and make an appointment to see the surgeon about 10 days after the operation.

After you leave hospital

Your child may need frequent sleeps for a day or two. There is no need to limit what he does - you will probably find it impossible anyway.

School

If your child goes to school he can return to lessons in 10 days or so. He can restart any sport in one month.

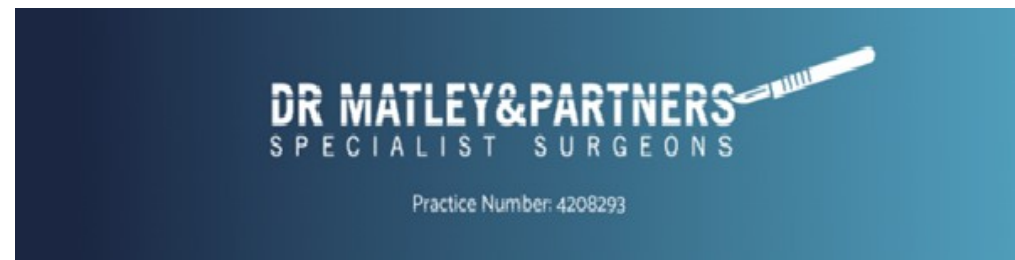
Complications

Complications are rare and seldom serious.

General advice

If you have any problems or queries, please ask the nurses or doctors.

E-mail surgeons@surgcare.co.za
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UMBILICAL HERNIA

Your Child's Umbilical Hernia Operation - Some Information

These notes give an overall guide to your child's stay in hospital. You may see some differences in the details of treatment since it is individually tailored.

What is an Umbilical Hernia?

This is a weakness in the navel. Normally this closes off at birth or within the first two years. In your child's case the weakness is still there and causes a swelling which will not go away by itself. It may get bigger or give pain.

What does the operation consist of?

A cut is made into the skin of the navel. The swelling under the skin is tied off. The cut in the skin is then closed up so that the navel looks normal.

WHAT HAPPENS BEFORE THE OPERATION?

Reception

When registering at reception your medical aid details will be required. Your medical aid may require that you obtain an authority number from them for the hospital. Please check this. If you are not on a member of a medical aid you will be required to pay a deposit or to sign an indemnity form. As far as possible we will try to advise you about hospital costs before your admission.

necessary, after which you will be asked to leave.

Welcome to the ward

You and your child will be welcomed to the ward by the nurses or the receptionist and will have details checked. Some basic tests will be done such as pulse, temperature, blood pressure and urine examination. You will be asked to hand in any medicines or drugs your child may be taking, so that the drug treatment in hospital will be correct. Please tell the nurses of any allergies to drugs or dressings. The surgeon will have explained the operation and you will be asked to sign your consent for the operation. If you are not clear about any part of the operation, then read this again and then ask for more details from the surgeon or from the nurses.

Visit by the anaesthetist.

The anaesthetist who will be giving your anaesthetic will interview and examine your child. He will be especially interested in chest troubles, dental treatment and any previous anaesthetics.

Diet.

A normal diet until 6 hours before the operation when your child will be asked to take nothing by mouth. This will let the stomach empty to prevent vomiting during the operation.

Timing of the operation.

The timing of the operation is usually arranged the day before so that the nurses will tell your child when to expect to go to the operating theatre. Do not be surprised, however, if there are changes to the exact timing.

Transfer to theatre.

Your child, wearing a cotton gown, will be taken on a trolley to the operating suite by the staff. There will be several checks of the details on the way to the operating theatre. You may accompany your child into the theatre complex if

The operation is then performed.

WHAT HAPPENS AFTER THE OPERATION.

Coming round after the anaesthetic.

Although your child will be conscious a minute or two after the operation ends, nothing is likely to be remembered until your child is back in bed in the ward. Your child will be sleepy after the operation and may sleep for an hour or more.

Some patients feel a bit sick for up to 24 hours after operation, but this passes off. Your child will be given some treatment for sickness if necessary.

Will it hurt?

Your child may have some discomfort rather than any severe pain. If necessary a painkiller will be given. By the end of a few days the wound should be virtually painfree.

Drinking and eating

Fluids can be taken straight after the operation and a normal diet the next day.

The wound and stitches

The wound is stitched with absorbing stitches. A waterproof dressing is used so that your child can bath. There may be some swelling of the surrounding skin which improves in 2 to 3 days. It is not important.

After 7 to 10 days slight crusts on the wound will fall off. Occasionally minor matchhead sized blebs form on the wound line, but these settle down after discharging a blob of yellow fluid for a day or so.

Washing

You can give your child a bath each day. Salt water is not necessary.