

Hydrocele and Hernia Post Operative (Post-Op) Instructions



Your child is going home today. They will need your help to get better after their surgery. Here are some tips to help you take care of them:

Pain

Your child got pain medicine during and right after their surgery. They also got medicine to numb the groin area. Your child might still feel some discomfort for a few days. Older children might feel abdominal (stomach) discomfort because of muscle soreness. You may give pain medicine before activities or at bedtime. Here are some pain medicines you can give to your child:

- **Acetaminophen (Tylenol):** You can give Tylenol every 4 hours as needed for pain. Follow the instructions on the medicine box based on your child's weight.
- **Ibuprofen (Motrin):** You can give Motrin every 6 to 8 hours as needed for pain. It can be given with Tylenol. Follow the instructions on the medicine box based on your child's weight.
- **Oxycodone:** If needed, Oxycodone can be given every 6 to 8 hours for the first few days after surgery. If the pain isn't too bad, just use regular Tylenol or Motrin. Oxycodone can cause constipation (a hard time with pooping). So, your child might need a stool softener like Miralax. This will make it easier for your child to poop.

Call our office if your child has constant and severe pain even after taking pain medicine.

Dressing

- Tiny white bandages (steristrips) and a clear dressing protect the stitches on the groin. These will peel off on their own in about one week. If they have not peeled off in a week, you can take them off.
- Once the dressings are off, your child doesn't need any other dressings.

Appearance (How it Looks)

There might be bruising and swelling, even if there's no incision (cut). This is normal and will get better over time. The skin on the groin usually doesn't look bruised or swollen.

Call our office if the redness near the groin stitches gets worse and spreads, or if there is pus coming out from the stitches.

Bleeding

It's normal to see a small amount of dried blood on the dressings and stitches. Don't worry about it.

If there's a lot of bleeding or oozing from the stitches, press gently with a clean washcloth for five (5) minutes and call the office.

Urine Output

Your child's urine (pee) output should be normal.

Urology

Call our office if your child hasn't peed in 8 to 12 hours after surgery.

Fever

A low-grade fever is normal in the first 24 hours after surgery. Give fluids and Tylenol (acetaminophen) for fevers lower than 101°F or 38°C.

Call our office if your child has a high fever (above 101°F or 38°C) even after giving Tylenol.

Activity

- Your child was put to sleep (general anesthesia) for the procedure. They should rest today and be watched closely.
- They can go back to daycare or school in 5 to 7 days once they stop taking Oxycodone. They should be excused from PE (physical education) classes for at least two (2) weeks.

For the next two (2) weeks, your child should not do activities that may cause oozing from the stitches, or damage to the groin or genitals. This includes:

- Toys that require straddling or jumping (such as bicycles or trampolines)
- Rough or active playing, wrestling, or gymnastics

Bathing

Give your child sponge baths for the first two (2) days. After that, they can take regular showers or quick baths, even with the bandages in place.

Diet

Your child can eat normally once they can drink fluids without vomiting.

After Surgery Visit

Your child will have a follow-up appointment in the clinic in 4 to 6 weeks. Call (323) 361-2247 to set up the appointment.

Important Phone Numbers

Urology Clinic	
During Regular Business Hours: <ul style="list-style-type: none">• Call (323) 361-2247• Monday to Friday, 8 a.m. to 4:30 p.m	During Evenings, Weekends or Holidays: <ul style="list-style-type: none">• Call (323) 660-2450• Ask the Operator to page Pediatric Urology on call

Urology