

# Hernia repair

## Patient information leaflet

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111

Southport Hospital  
Town Lane, Kew,  
Southport, Merseyside, PR8 6PN  
Telephone: 01704 547 471

[www.MerseyWestLancs.nhs.uk](http://www.MerseyWestLancs.nhs.uk)

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترسی‌پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式, 请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

**Author:** Nurse  
**Department:** Paediatrics  
**Document Number:** MWL2898  
**Version:** 001  
**Review Date:** 31/10/2028

## What is a hernia repair?

## Notes

Paediatric hernia repair is a surgical procedure, usually performed under general anaesthesia, to correct a bulge of tissue through a weak spot in the abdominal wall. The type of repair depends on the hernia, with umbilical hernias often repaired with stitches, while inguinal hernias may be repaired with either open or laparoscopic (keyhole) surgery.

Most procedures are done as day surgery, and recovery is often quick, with children returning to normal activities as they feel able.

## Why an inguinal hernia repair is done?

If you have an inguinal hernia, you might require a hernia repair:

- If the hernia is causing symptoms such as pain.
- To prevent the hernia causing a blocked bowel (bowel obstruction).
- To prevent the hernia causing the blood supply to part of an organ or tissue trapped in it being cut off (strangulated hernia).

An inguinal hernia may not need treatment if it is not causing symptoms.

## When you get home

Your child may feel sick for the first 24 hours after the anaesthetic. Parents/carers should encourage their child to drink plenty of fluids. As long as they are drinking, it does not matter if they do not feel like eating for the first couple of days. The stitches will dissolve on their own within two weeks or so.

The wound site may be closed by Steri-Strips® (plastic strips which are stuck on the skin and used, like stitches, to close wounds). The Steri-Strips® usually fall off of their own accord. If they have not fallen off within a week, you can soak them off using a damp flannel.

Your child should not have a bath or shower for two days after the operation. After this, it is fine for them to have a shower, but long baths should be avoided if possible, as this may cause the scab to soften and fall off too early. Avoid any rough and tumble play with your baby/child.

Your child should be ready to go back to nursery/school about one week after the operation. Please make a GP appointment if the wound looks red or inflamed, if the pain relief is not helping control the pain, has a high temperature after paracetamol or any oozing from the wound.

## Types of hernia and their repair

### **Umbilical hernia**

A small opening at the belly button that may close on its own. Surgery is typically recommended if the hernia is large or has not closed by age 4 or 5.

The procedure involves making a small incision near the belly button, pushing the tissue back, and closing the opening with stitches.

### **Inguinal hernia**

A bulge in the groin or scrotum that requires surgical repair.

### **Open surgery**

The surgeon makes one incision in the groin, separates the hernia from the spermatic cord and closes the opening.

### **Laparoscopic (keyhole)**

The surgeon makes several small incisions, including one near the belly button and uses a camera and instruments to repair the hernia internally.

### **Benefits of keyhole surgery**

It allows the surgeon to check the other side for a similar weakness and strengthen if its needed.

## The procedure

### General anaesthetic

Your child will be put to sleep to prevent pain during the operation. One parent/carer can stay with the child until they are asleep.

### Length

The surgery usually takes around 30 to 60 minutes.

### Day surgery

Many procedures are performed as a day case, this means that your child will have the surgery and then be able to return home on the same day.

## What happens after the procedure?

Your child will return to the ward to recover, have observations taken and will be encouraged to eat & drink, pass urine and have their pain well controlled following the surgery.

Once these have been done after surgery your child will be able to go home.

You may be discharged with a prescription of pain relief following the surgery to ensure they are comfortable.

It is quite normal for your child to feel uncomfortable for a day or two after the operation. Usually paracetamol will be enough to relieve any pain if given regularly, according to the instructions on the bottle.

Your child does not need to be woken during the night to give the medicine. If your child needs stronger medicine, we will provide it before the family goes home.