

## Surgical Day Care Unit

### Hernia, Hydrocele and Undescended Testes

#### Discharge information for parents and carers

#### Introduction

Most children appear to be alert and active after they are discharged from hospital. However, do not be surprised if your child complains of feeling dizzy, tired, or is a little clumsy. This may last for a couple of days.

#### For the next 24 hours

- **You should** encourage your child to rest
- **You should** make sure your child's activities are supervised by a responsible adult
- **Do not** let your child ride a bike.
- **Do not** let your child take part in any outdoor activities.
- **Do not** give your child any fizzy drinks.
- **Do not** give your child hard to digest foods such as chips, burgers.

Your child may complain of having a sore throat, hoarseness, muscle aches, or pain following an anaesthetic. You can give your child Paracetamol. **Do not exceed the recommended dosage for your child's age.**

All advice regarding medicines will be given to you when your child is discharged.

#### What to do if your child starts to vomit

If your child vomits on the way home or when you get home, do not be alarmed. Do not give your child anything to eat or drink for 1 hour. After that, you can start giving your child a small amount of water or juice. Then gradually start to increase the amount of fluid you give to your child. Once your child can keep fluids down you can begin to give them a light diet.

**If the vomiting continues, please contact your GP out of hours telephone number or your nearest Accident & Emergency Department.**

#### What to do when you take your child home

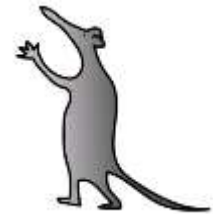
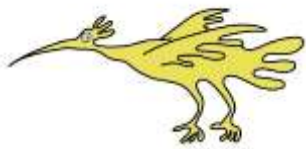
- To help your child stay comfortable we suggest loose clothing and nappies.
- The stitches your child has will be dissolvable. Keep the operation site dry for 4 days, or as otherwise advised by your surgeon

- If you are worried about any undue / excessive swelling or redness around the wound, the groin or scrotum, contact your GP or local Accident and Emergency department
- Your child should avoid PE games, swimming or any other strenuous activity for two – four weeks or as otherwise directed by your surgeon.

### Who to contact if you have any worries

Monday to Friday 07.00 - 20.00      Day Care Unit: 0151 252 5557 / 0151 282 4509

Out of hours:    Ward 3A    0151 252 5447



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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