

**Mr Andrew Gordon MS FRCS
The Bridge Clinic
Oldfield Lodge
Bridge Road
Maidenhead
Berks
SL6 8DG**

**Telephone 01628 780200
Email: ag@andrewcgordon.co.uk**

Inguinal Hernia in Children

What is an inguinal hernia?

During pregnancy, a tube that passes through a hole in the muscle lining of the abdomen in the groin area usually closes as part of normal development. However, if this does not happen and the intestine gets into the tube, a swelling occurs leading to an inguinal hernia.

How is an inguinal hernia treated?

Your child will need to have an operation to avoid the risk of part of their bowel becoming trapped or strangulated.

How will I know if my child's hernia has strangulated and what should I do?

He/she will be in considerable pain or discomfort with a hard, sometimes red, swelling in their groin. You should seek medical attention as soon as possible.

The operation

The operation is carried out under general anaesthetic as a day case. A small cut is made in the groin to locate and then disconnect the tube. The wound is stitched on the inside of the skin, so will you not be able to see any of the stitches.

Discharge advice

- Your child's wound should be kept clean and dry. They can have a bath the day after their operation.
- We advise that your child wears loose fitting clothes for a few days after their operation eg for boys, a pair of boxers, tracksuit trousers or jogging pants.
- Your child should feel well enough to return to school after a couple of days.
- We advise that your child resumes usual sports activities after a week to ten days.
- Pain relieving medicines such as Paracetamol or Ibuprofen should be given on a regular basis for the first couple of days following the operation. Please read and follow the directions on the packet.

When to seek help?

Please contact Mr Gordon or the hospital if your child has:

- Persistent pain or swelling.
- Redness.
- Bleeding from the wound site.
- Recurrence of the inguinal hernia.

Where should I seek advice or help?

The hospital, Bridge Clinic or your GP.

Follow up

Your child will require a follow up appointment in about 4 weeks time.