

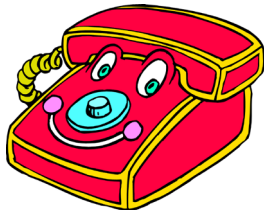
## Contact Us

A nurse from the Day ward will contact you the day after your child's operation. You can also contact us if you have any questions.

If your child's wound oozes or leaks yellow/ green fluid please contact the Day Ward or your GP.

OR

If you are worried about your child or have any questions please ring us.



## Day Ward

Monday - Friday  
7.30am-6.30pm

01 878 4831  
01 878 4839

Outside these hours, please  
contact the Emergency  
Department

01- 8784200

**D-Doc**  
Monday -Friday  
5pm - 8am

Saturday, Sunday and  
Bank Holidays

Open 24 hours  
1850 22 44 77

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Hospital



# Care After Hernia Repair Operation

## Information for Patients, Parents and Carers

Day Ward  
01 878 4839

Hospital Number  
01 878 4200

## What is a Hernia?

A hernia is a bulging of internal tissue through a gap in the muscle wall.

## At Home

At home, your child may be more comfortable wearing loose clothes such as a tracksuit for a few days.



## Wound

Your child may have stitches which will dissolve or melt away after 6 weeks.

If your child's operation site becomes very red or swollen please contact your GP.

## Washing

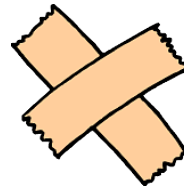
Please keep your child's wound dry for 5 days after their operation. Your child should not have a bath or shower until after this time.

## Dressing

Your child will have a dressing on the groin area, which can be removed after 5 days.

If the dressing comes off before 5 days, replace it with a waterproof dressing available from your pharmacy.

Any steristrips (paper stitches) should be left in place until they fall off.



## Pain

Your child may feel some pain when he is at home. The Day Ward nurse will give you some advice on pain relief.

## School

Your child can return to school when they can wear their usual clothes comfortably and can walk normally.

Your child should not take part in sports activities, PE or cycling until they have been seen in the outpatient's department which is usually 6 weeks after their operation.

