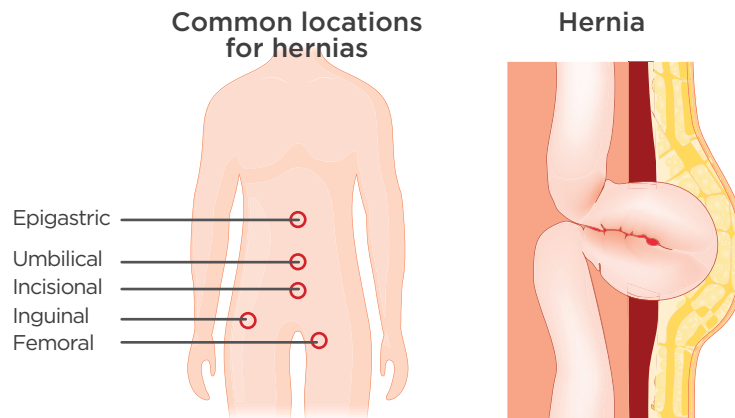


Hernias in children

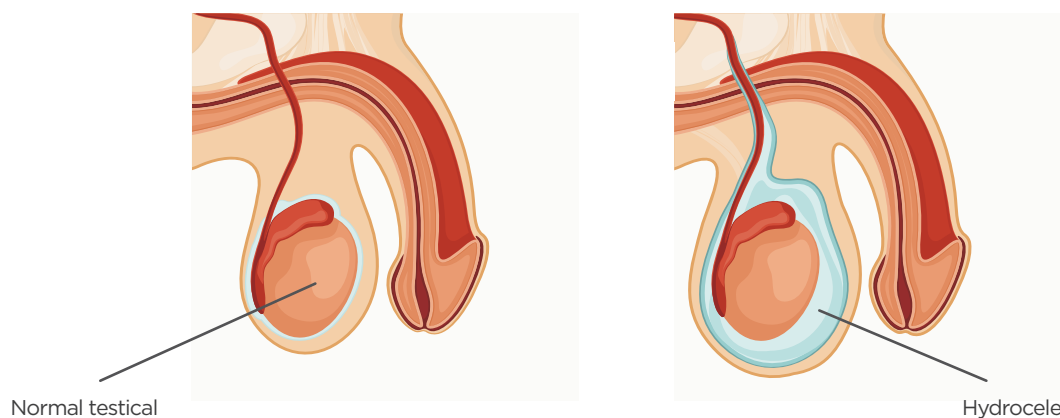
WHAT IS A HERNIA?

- Hernias in children are typically due to a weakness in the abdominal muscles that have been present since birth. Sometimes, they are not noticed until later in infancy or childhood.
- Normally, hernias will appear like a mass or lump in the groin, scrotum or near the belly button.
- Hernias may be more noticeable when your child is standing, straining, crying or laughing.



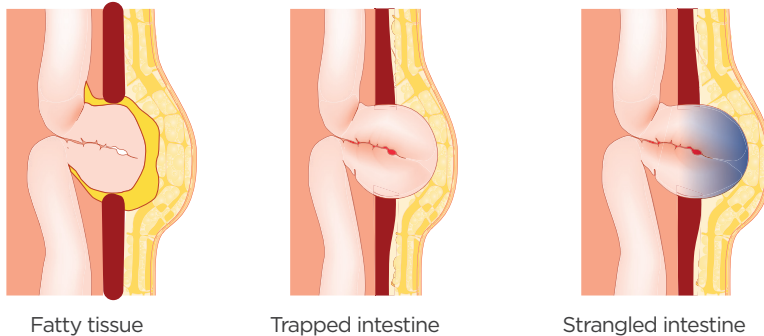
WHAT IS A HERNIA VERSUS A HYDROCELE?

- At times, it can be difficult to differentiate an inguinal hernia from a hydrocele.
- A hydrocele is a collection of fluid in the sac around the testicle and may or may not involve the abdomen. Hernias involve the abdomen.
- While hernias will typically require surgery, hydroceles do not always require surgery during the first year of life. Hydroceles typically resolve on their own by the age of one. If they do not dissolve, then surgery is recommended.



ARE HERNIAS DANGEROUS?

- Hernias are not dangerous unless something, such as intestines or internal fatty tissue, gets stuck in the hernia and cannot be easily pushed back. This is referred to as an incarcerated hernia.
- Symptoms of an incarcerated hernia may include severe pain, inconsolability, nausea, vomiting, skin discoloration and the inability to have a bowel movement or pass gas.
- Call our office if any of these symptoms occur.



HOW DO YOU REPAIR A HERNIA?

- A hernia repair is the most frequent general surgery performed in infants and children.
- The procedure will be performed under general anesthesia.
- This procedure is performed either open or laparoscopically.
- Laparoscopic surgery is performed with a small camera and instruments that go inside the abdomen.

WHAT SHOULD I EXPECT AFTER SURGERY?

- Your child may feel sore after surgery.
- Your child's surgeon will recommend medicine for pain, if needed. You may take Tylenol (acetaminophen) or Motrin (ibuprofen) as needed for pain.
- Your child will need to abstain from sports for at least two weeks after surgery to recover.

FOLLOW UP:

- Your child's hernia will be monitored over time in our office. Follow up time will be determined by your surgeon and the treatment plan.

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