



Child's Name _____

Surgery Date _____

Hydrocele / Hernia

Discharge Instructions for Home

A hydrocele is a collection of fluid around the testicle in the scrotum. It is caused by an opening between the abdomen (belly area) and the scrotum. This opening is also called a hernia. Surgery to fix this is made using a small incision (cut) in the inguinal space (near the crease between the abdomen and leg.) The fluid is drained and the connection between the abdomen and the scrotum is closed.

When will my child be able to go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

When may my child eat?

- When fully awake, your child may have clear liquids, like 7UP, Jell-O, Popsicles and apple juice.
- Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
- If your child is not sick to his or her stomach or throwing up and is fully awake, your child may then start his regular diet.
- If your child has persistent nausea or vomiting that lasts more than 24 hours after surgery, you should call our office.

How do I take care of my child after anesthesia?

- An adult should stay with your child at all times until his or her behavior returns to normal.
- Do not allow activities that require strength and coordination such as driving, swimming, biking or climbing stairs alone for 24 hours.

What will the incision look like after surgery?

- The incision(s) should look clean and dry.
- Your child's scrotum may look swollen and puffy. It can also look black and blue or bruised. This is normal. It will slowly go away over the next few weeks.

How do I take care of the surgery site?

- Apply diaper loosely (if your child is not toilet trained.)
- The incision(s) may be covered with liquid plastic glue, small pieces of tape (Steri-Strips) or a clear dressing (bandage.) These should be left in place. Try to keep this area dry and intact for the first 3 days.
- If your child has a clear dressing in place, this can be removed after **3 days** or removed in the clinic.
- If your child has small pieces of tape (Steri-Strips), they will fall off on their own. It is ok if they come off with the clear dressing.
- If your child has liquid plastic glue, it will peel off on its own.
- Your child may take a shower or quick bath after **3 days**. After **10 days**, your child may take a long tub bath, swim in the pool or swim at the beach.

How much activity can my child do after surgery?

- No gym class, recess, heavy lifting, contact sports or swimming for **10 days**.
- No straddle activities (exersaucer, jumper, riding toys, bikes, horseback riding, etc.) for **10 days**.
- Please continue using your car seat, seatbelt, and high chair according to the manufacturer's instructions.

When can my child return to school?

- Your child may return to school when no longer requiring narcotic pain medications or frequent daytime over-the-counter pain medications.

Will my child have pain?

- After surgery, your child will have postoperative discomfort. This is normal. Over time, the body will heal itself and the pain will go away.
- Effective pain control will help your child feel better and heal faster. We encourage you to take an active part in your child's recovery. You know your child best.

What medicines can help relieve my child's pain?

- Acetaminophen and Ibuprofen are common medications to treat pain. Though these are over-the-counter medications you can purchase at your pharmacy, do not underestimate their value.
- Opioid medications are stronger medications for pain. They include medications like oxycodone or hydrocodone. Your child may need an opioid medication during the first 1-2 days, which is when the pain is worst.
- If your child is taking opioids, we want them to get the least amount needed to keep them comfortable. To do this, it is good to use non-opioid medicine at the same time.

What medicines should my child take?

- Your child's health care prescriber recommends these medications:
 - Acetaminophen
 - Ibuprofen
 - Oxycodone
 - Hydrocodone / Acetaminophen
 - Other: _____

When should I start giving my child medication?

- Your child will receive pain medication while in the hospital. This medicine can be through an IV, by mouth or as direct nerve block. Generally these medicines will wear off after about 4-6 hours. Your nurse will help you make a plan to start giving medicine at home.

How do I give Acetaminophen (Tylenol)?

- Acetaminophen may be given by mouth to your child for pain or fever, as needed every 4 to 6 hours.
- Acetaminophen is "over the counter" or purchased from a pharmacy without a prescription.
- Liquid supplied is usually 160 mg per 5 ml. Check your child's medicine concentration carefully.
- It is best to give your child the dose based on his or her weight, but if you do not know the weight, use the age to figure out the dose:

<ul style="list-style-type: none"> ○ 6-11 lbs (0-3 months): 40 mg or 1.25 ml ○ 12-17 lbs (4-11 months): 80 mg or 2.5 ml ○ 18-23 lbs (1-2 years): 120 mg or 3.75 ml ○ 24-35 lbs (2-3 years): 160 mg or 5 ml ○ 36-47 lbs (4-5 years): 240 mg or 7.5 ml 	<ul style="list-style-type: none"> ○ 48-59 lbs (6-8 years): 320 mg or 10 ml ○ 60-71 lbs (9-10 years): 400 mg or 12.5 ml ○ 72-95 lbs (11 years): 480 mg or 15 ml ○ Over 95 lbs (Over 11 years): 640 mg or 20ml
---	---

How do I give Ibuprofen (Motrin, Advil)?

- If your child is older than 6 months of age, ibuprofen may be given by mouth to your child for pain or fever, as needed every 6 hours.
- Ibuprofen is "over the counter" or purchased from a pharmacy without a prescription.
- Liquid supplied is usually 100 mg per 5 ml. Check your child's medicine concentration carefully. The volumes below do not apply to the concentrated infant formula.
- It is best to give your child the dose based on his or her weight, but if you do not know the weight, use the age to figure out the dose. Do not give ibuprofen to babies under 6 months.

<ul style="list-style-type: none"> ○ 12-17 lbs (6-11 months): 50 mg or 2.5 ml ○ 18-23 lbs (12-23 months): 75 mg or 3.75 ml ○ 24-35 lbs (2-3 years): 100 mg or 5 ml ○ 36-47 lbs (4-5 years): 150 mg or 7.5 ml 	<ul style="list-style-type: none"> ○ 48-59 lbs (6-8 years): 200 mg or 10 ml ○ 60-71 lbs (9-10 years): 250 mg or 12.5 ml ○ 72-95 lbs (11 years): 300 mg or 15 ml ○ Over 95 lbs (Over 11 years): 400 mg or 20 ml
--	--

How do I give opioid medication (Oxycodone, Hydrocodone)?

- If your child is expected to have strong pain, opioid medication may be given by mouth.
- Opioid medications are by prescription only.
- Dose is dependent on your child's weight and will be printed on the bottle.
- Opioid medication may cause stomach pain or nausea. It should be given with some food.

What other techniques can I use to help my child's pain?

- In addition to medication, there are other important ways to relieve pain.
- *Distraction*: Take attention away from the pain by guiding your child's imagination through storytelling or by watching TV or movies, blowing bubbles, and/or reading a favorite book.
- *Comforting touch*: Comfort your child in ways that work best for them. Hold, cuddle, swaddle, massage, or rock your child.
- *Ice or heat*: Using ice wrapped in a cloth may ease some pain. Heat is useful for muscle pain and general relaxation. Use a warm heated microwave beanbag, hot water bottle or warm bath once allowed to bath.
- *Positioning*: Allow your child to remain in a position that is comfortable for them.
 - Cradle your baby.
 - Let your older child choose the position.
- *Preparation*: Use honest language and do not tell your child "it won't hurt."

When should I follow up?

- A follow up appointment will be scheduled for 2-4 weeks after surgery.
- If your follow up has not been scheduled or you do not know the time, please call our office at **860-545-9395**.

When should I call a doctor?

If your child is having any problems during the day (8:30am-4:30pm Monday – Friday), call our office at **860-545-9395** and ask for the nurse. After hours, call **860-545-9000** and ask the operator for Urology. Call us if your child has any of these warning signs:

- Signs of infection: spreading redness or discharge from the incision, bleeding, or fever greater than 101.5°F.
- Uncontrolled pain
- Problems after anesthesia: nausea or vomiting that will not stop, noisy breathing, refusing to drink more than 8 hours after leaving the hospital.
- Any other questions or any other medical concerns.

Urology Clinic: 860-545-9395
Urology Surgery Scheduler: 860-545-9674
Main Hospital Number: 860-545-9000