



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital
Centre universitaire de santé McGill
McGill University Health Centre

CARE AT HOME AFTER HERNIORRHAPHY, HYDROCELECTOMY, ORCHIDOPEXY

For your next appointment please call (514) 412 - _____

Clinic: _____

Doctor: _____

Type of follow-up recommended: in clinic by phone other _____

ACTIVITIES: Quiet activities today with close supervision.

After 24 hours:

Under 4 years old: no restriction but close supervision;

4-10 years old: no bicycle, gym or sports for 2 weeks;

Over 10 years old: no bicycle, gym or sports for 4-6 weeks;
no competitive sports for 2 months.

SCHOOL: May go back to school after 3-5 days.

BATH: Sponge bath for the first 48 hours, then begin tub baths.

DRESSING: No special wound care. Keep the area dry and clean. Remove the dressing at home as instructed by the surgeon (usually one week after the surgery).

MEDICATION: For pain, give Acetaminophen (Tylenol or Tempra) every 4 hours if needed. Next dose may be given only at _____ hours.

DIET: Give water, apple juice, popsicle, flat Ginger ale or Jell-O for one to two hours. If tolerated, proceed with a soft diet such as soup, yogurt, ice cream and cereal. Tomorrow, he may be given a normal diet.

*** PARENTS PLEASE NOTE ***

IF YOU ARE CONCERNED, PLEASE CALL THE MONTREAL CHILDREN'S HOSPITAL AT 514-412-4400 AND ASK FOR THE PHYSICIAN ON CALL FOR THE _____ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.

Revised 2009

Thao Le, N. & Julie Drolet, N. – Preoperative Assessment Clinic

Post-Anesthesia Care Unit

7C Surgical Unit