



L'Hôpital de Montréal pour enfants  
The Montreal Children's Hospital

Centre universitaire de santé McGill  
McGill University Health Centre

## CARE AT HOME AFTER Umbilical Hernia Repair

For your next appointment please call (514) 412 - \_\_\_\_\_

Clinic: \_\_\_\_\_

Doctor: \_\_\_\_\_

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

### ACTIVITY:

Quiet activities today with close supervision.

No bicycle, gym, rough play or sports for 1-2 weeks, then gradual return to activities.

Avoid competitive sports for 4 weeks.

### SCHOOL:

May go back to school after 3-5 days

### DRESSING:

Remove the dressing after \_\_\_\_ days. If the deeper layer is stuck, it will be easier to remove it in the bath.

### BATH:

Sponge bath for \_\_\_\_ days, then begin tub baths. No special wound care.

### MEDICATION:

For pain, give Acetaminophen (Tylenol or Tempra) \_\_\_\_mg every 4 hours if needed.

Next dose may be given only at \_\_\_\_\_hours.

### DIET:

Give water, apple juice, Ginger ale or Jell-O for one to two hours. If tolerated, proceed with a soft diet such as soup, pudding, ice cream or cereals. Tomorrow, he/she may be given a normal diet.

### \*\*\* PARENTS PLEASE NOTE \*\*\*

**If you are worried or 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.**

**AND ASK FOR THE PHYSICIAN ON CALL FOR THE \_\_\_\_\_ SERVICE OR COME TO THE EMERGENCY ROOM OF THE HOSPITAL.**