

CARE AT HOME AFTER HERNIORRHAPHY, HYDROCELECTOMY, ORCHIDOPEXY

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:

Remove the dressing at home as instructed by the surgeon (usually 2-3 days after the surgery). No special wound care. Keep the area dry and clean.

MEDICATION:

For pain, give Acetaminophen (Tylenol or Tempra) every 6-8 hours if needed.

DIET:

Give water, apple juice or Jell-O for one to two hours. If tolerated, Proceed with a soft diet such as soup and yogurt. Tomorrow, he may be given a normal diet.



<https://goo.gl/UR6zNB>

Prepared by:

Dr. Ossamah Al Sowayan
Assistant Professor
Pediatric Urology Consultant
Department of Urology
King Fahd Hospital of the University