



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.**