



Correspondence Address:

Children's Outpatients
The Portland Hospital
215 Great Portland Street
London W1W 5PN
United Kingdom

Private Secretary: +44 (0) 7 854 761 445

Email: info@paediatricsurgeonlondon.co.uk

www.paediatricsurgeonlondon.co.uk

London Private Practices:

Great Ormond Street Hospital
The Portland Hospital
The Harley Street Clinic
The Cromwell Hospital

RECOVERY AFTER SURGERY

Pain relief - You should give your child pain relief regularly for the first 24 to 48 hours. Paracetamol or ibuprofen syrup (for example, Calpol or Calprofen) are suitable. Follow the instructions on the leaflet that comes with the medicine and ask your pharmacist for advice. Do not give aspirin to children under 16.

Stitches - Your child's stitches are dissolvable and will disappear spontaneously within two to three weeks.

Dressing - Your child will probably have a pressure dressing or skin glue. The dressing can be removed in the bath after three days (if it hasn't come off before then). In case of skin glue, please do not remove it as it will dissolve in about 7-10 days.

Bathing - The area operated on should be kept dry for 48 hours after the surgery – so don't give your child a shower or bath for the first two days. After this, he or she can have a short warm bath or a shower once a day. If you opt for a bath, do not add bubble bath or scented soaps (these may irritate the healing wound). When you bath your child, the dressing may come off. This is normal, and it doesn't need to be replaced.

Clothing - Your child should wear loose clothing for the first week after the operation.

Constipation - Some kids get constipated (trouble pooping) after surgery. Offer plenty of liquids, such as water and prune, pear, and apple juice. Serve high-fibre fruits and vegetables, such as pears, strawberries, and sweet potatoes. Avoid cheese, bananas, and white rice.

School - Your child may need to take 1-2 days off school following the operation. After specific operations, the time off school maybe longer, and Mr Giuliani will advise accordingly.

Sports – Please do not return to sports and other intense physical activities (including biking and swimming) for 4 weeks after the surgery.

Follow-up - Your child will be seen again in the outpatient department, generally 3-4 weeks after the operation. This appointment will be arranged by Mr Giuliani's secretary.

Side-effects of the operation

These are the unwanted, and mostly temporary effects even after a successful procedure. For example, being sick as a result of the general anaesthetic. Your child may also have some pain, bruising and minor swelling around the operation site for a week or two.



Mr Stefano Giuliani
Paediatric Surgeon London

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Complications of the operation

The most common complications after any operation include an unexpected reaction to the anaesthetic, excessive bleeding or infection. Complications may require further treatment such as returning to theatre to stop bleeding, or antibiotics to deal with an infection. There's a chance the umbilical hernia may re-occur.

What to look out for:

- Your child complains of severe pain or shows signs of worsening pain – young children cry more when they are in pain and are difficult to settle.
- Your child develops a temperature above 38° C for longer than 6 hours or twice in 24 hours.
- The wound is red, swollen, bleeding or starts to weep.

If you notice any of the signs above, please email us (during working hours) or call directly the hospital where you had the operation (out of hours and weekends).

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