

PEDIATRIC UMBILICAL HERNIA REPAIR

- A hernia occurs when a small sac containing tissue bulges out through an opening in the muscles.
- An umbilical hernia is caused by the muscles not closing around the hole left by the umbilical cord. This can occur at the site above the navel (epigastric) or around the navel (umbilical).

Options

- **Open hernia repair:** An incision is made near the site. Your surgeon will repair the hernia with mesh or by suturing (sewing) the muscle layer closed.
- **Nonsurgical Option:** Many small (<1 to 1.5 cm) umbilical hernias will close spontaneously as the child grows between birth and 4 years of age, thus eliminating the need for surgical repair. If spontaneous closure has not occurred by this time, then surgical repair is indicated before the child's 5th birthday.

Benefits of the operation

An operation is the only way to repair a hernia that has not closed on its own. A child will be able to return to their normal activities in a short amount of time, and, in most cases, discomfort from the procedure will last only a few days.

Risks of not having an operation

The hernia may cause pain and increase in size. If your intestine becomes squeezed in the hernia pouch, there may be a sudden pain, vomiting, and require an immediate operation.

Possible Risks of the operation

There is a very small rate of wound infection and hematoma (collection of blood) after an umbilical hernia repair in children.

Expectations of the operation

Your child will likely go home from the recovery room within a few hours for small hernia procedures but may need to stay in the hospital longer following complex repairs.

Call the surgeon

if your child has severe pain, stomach cramping, chills or a high fever, odor or increased drainage from the incision, or has no bowel movements for 3 days.

A handwritten signature in black ink, appearing to read 'Zaid', is positioned above the printed name and credentials.

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