



Hernia Repair

Preparatory Questions:

Required to prepare your child's book:

- Is their hernia congenital (born with it) or did they develop it?
- Do they wear underpants or a diaper?
- Is their hernia visible (bulging or lump)?
- What kind of hernia do they have?
 - Inguinal hernia (groin area)
 - Umbilical hernia (belly button area)
 - Epigastric hernia (chest area)
- How many hours before surgery must they stop eating?
- How many hours before surgery must they stop drinking all clear liquids, including water?
- What mode of transportation will be used to take them to the hospital?
- How many caregivers* will accompany them at the hospital? One or two

- Will an IV (intravenous line) be administered while they are awake or asleep (under general anesthesia)?
- Are there any visitation or support restrictions I should know about?
 - **Tip: Hospitals have different protocols, so check in advance what is permitted**
- Are caregivers permitted in the room while the doctor administers their anesthesia?
- Once the surgery is complete, are caregivers permitted in the recovery room right away or are they required to wait until they are fully awake?
 - **Tip: Some hospitals require caregivers to wait until the child is fully awake before entering the recovery room. Check beforehand and PREP accordingly**



Important Note: If your child has any pre-existing medical conditions or specific healthcare needs, we highly recommend discussing them with the medical team ahead of time. You can ask if there are any special precautions or considerations due to your child's unique medical needs.

Additional Questions (Optional):

Procedure Details:

- **Can you explain the procedure in simple terms?**

Preparation:

- **Should any medications be stopped before the surgery? Which ones and when?**
- **Is there any specific preoperative routine we should follow?**

Anesthesia:

- Who will administer the anesthesia? What's their experience?
- What type of anesthesia will be used? Are there any risks or side effects associated?

Risks and Benefits:

- What are the potential risks and complications of the surgery?
- Are there alternative treatment options to consider?

Recovery and Aftercare:

- What will the recovery process look like?
- Are there any specific care instructions we should follow at home?

Pain Management:

- How will pain be managed after the surgery?
- What medications or techniques will be used for pain relief?

Contact Information:

- Who should I contact if there are any concerns before or after the surgery?
- How can I reach the medical team in case of emergencies?

Preparing the Child:

- Could you suggest any helpful resources for preparing for surgery?
- Are there any visitation or support restrictions I should know about?

Post-Surgery Care:

- What signs should I watch for that might indicate complications?
- When should we schedule a follow-up appointment after surgery?

Diet and Activity:

- What dietary guidelines should we follow during the recovery period?

- Are there any restrictions on physical activity?

Surgical Team:

- Who will be part of the surgical team?



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* Caregivers: PrepMeKids classifies parents, legal guardians, family members, social workers, and adults providing care as caregivers.



Experience Preparation, the PrepMeKids Way!

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