

Hernia in Children: Symptoms and Treatment Explained



Finding a strange lump on your child's belly or in the groin area is enough to make any parent's heart skip a beat. Take a breath first. This is something doctors see often, and in most cases, it's nothing that can't be fixed with the right care at the right time.

A [Hernia in children](#) can sound alarming the first time you hear the word, but once you understand what's actually happening in the body, it becomes a lot less scary.

Let us have a closer look at the key causes, signs to look for, and how it's usually treated.

What is a Hernia?

The medical condition, called hernia occurs when a part of the intestine protrudes through a weak point in the muscle wall surrounding it. That's what creates the bulge you see or feel. It won't go away by ignoring it, so it always needs a doctor to take a look.

Types of Hernia

In babies and young children, you'll mostly come across two kinds:

- **Inguinal Hernia:** Shows up in the groin area. It happens because part of the intestine slips through a channel that didn't seal shut properly during development.

- **Umbilical Hernia:** Pops up near the belly button. You'll often spot it when the baby cries, laughs, or pushes during a bowel movement.

Symptoms of Hernia in Children

Most parents notice it first as a soft, round bulge under the skin. The Hernia tends to get bigger in certain events, such as when the child cries, coughs, or stands up, and then flattens out again once they're calm or lying down. There's usually no constant pain, though the spot can feel a bit tender when pressed.

Why Does Hernia Occur in Children?

This isn't something kids develop from lifting heavy things or straining too hard, as adults do. It's usually there from birth. A few common reasons include:

- The abdominal muscles didn't fully close before birth.
- The baby was born prematurely
- There's a family history of hernias.
- Boys tend to get them more often than girls.
- A natural weakness in the muscle wall is inherited.

How is Hernia Treated?

It really depends on the kind.

- Inguinal hernias usually don't heal on their own, so they require medical attention.
- Umbilical hernias is another category and these often close on their own by the time the child turns 4 or 5.

Surgery is the main treatment.

When treatment is needed, surgery is the go-to option, and it's far less daunting than it sounds. Thanks to advances in medical technology, the procedure is quick and quite safe these days. Many kids are back home the same day.

Types of hernia surgery

- Open surgery
- Laparoscopic surgery

Laparoscopic surgery uses a tiny camera and small cuts, so it hurts less afterward, and kids tend to bounce back faster. If you're nearby, talking to a trusted laparoscopic surgeon can help you figure out which option makes the most sense for your child.

When Should One Consult a Doctor Immediately?

Don't wait if the bulge turns red or hard, if it's clearly painful, or if your child starts vomiting and can't pass gas or stool. These specific events clearly indicate that something might be stuck, and it indeed needs urgent attention.

Is it Possible to Prevent Hernia in Children?

Not really. Since most hernias in kids come from gaps that were already there at birth, there isn't much a parent could have done differently. An expert-recommended trick to deal with the situation is to remain observant and never skip routine check-ups.

Conclusion

A childhood hernia might feel worrying at first, but it's a well-understood condition that doctors treat successfully every single day.

If you've spotted a bulge or want peace of mind, book a consultation with an expert [laparoscopic surgeon in Hyderabad](#) via GM Clinic today.