



Woman, Child and Family Service - Paediatrics
Tauranga Hospital
Cameron Road Private Bag 12024
Tauranga NEW ZEALAND

Re: Umbilical hernia

Umbilical hernias are common, and the majority will resolve over time without needing intervention.

Our visiting Paediatric Surgeon, Mr Askar Kukkady, advises referral at age 4 years if the umbilical hernia still persists at that stage. Operating before this age is associated with worse outcomes, and is often still not indicated after age 4.

Any paediatric patient with an inguinal hernia, however, either on physical examination or on history, should be referred for an outpatient appointment at any age.

It is extremely rare for umbilical hernias to become incarcerated. If this occurs, please refer the child urgently.

Ngā mihi

Yours sincerely

(Checked and signed electronically)

Paediatric Team