



Questions to Ask

If you think you may have a hernia, you may have more questions than answers right now. Below are some questions about hernias and hernia repair to help you start a conversation with your doctor.

Be sure to ask your doctor any other questions you have.

DIAGNOSIS:

- Are my symptoms due to a hernia or something else?
- What type of hernia do I have?
- Do I need surgery to repair my hernia or are there non-surgical treatments?
- How soon would I need surgery?
- Are there any symptoms I should look out for that may indicate an emergency?

MESH SELECTION:

- Will my hernia repair require mesh?
- What type of mesh options do I have - synthetic, bioresorbable, biologic?
- What are the risks and benefits of these options?
- What option is best for my needs? Why?

REPAIR OPTIONS:

- What type of surgical approaches do you use - open, laparoscopic, robotic?
- What are the risks and benefits these options?
- How many of these operations do you do in a year?
- What option is best for my needs? Why?

COMPLICATIONS:

- What are the potential complications of hernia surgery?
- Is there anything I can do before surgery to reduce the risk of complications?
- Is there anything I can do after surgery to reduce the risk of complications?
- What is the risk of recurrence?

RECOVERY:

- Will I need to stay in the hospital after surgery?
- When will I be able to return to work / normal activity?
- What restrictions will I have after surgery?
- Will I have to take prescription pain medications?
