

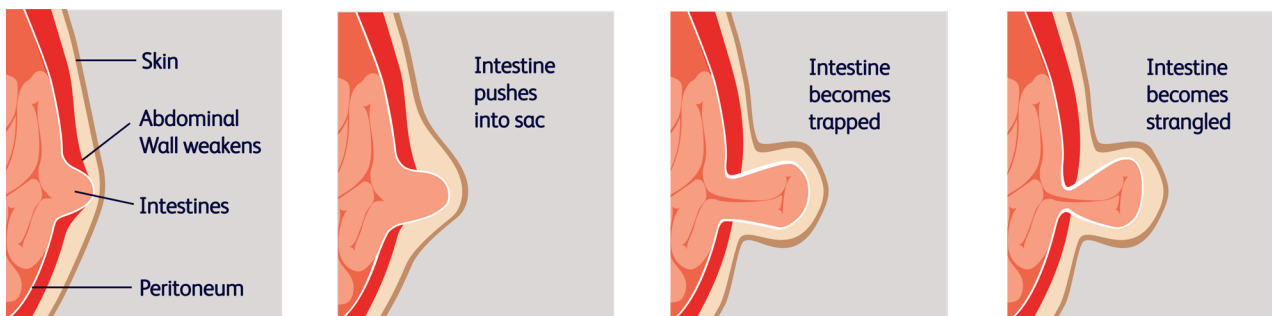
# Hernia Pain: When To See a Doctor

In many cases, you may not realize you have a hernia. Small-to-moderate hernias oftentimes don't come with any symptoms and you might not even see a bulge. However, some hernias may cause a large, noticeable bulge and come with a dull, aching pain or discomfort that tends to be noticeable when you:<sup>1,2</sup>

- Stand up or move around.
- Lift heavy objects.
- Carry/push heavy loads.
- Cough or sneeze.
- Strain in any way.

Strangulated or incarcerated hernias occur when the tissue bulging through the abdomen cannot be pushed back in, which results in the cutting off of blood flow. These are considered a medical emergency and require immediate medical attention. People who have strangulated or incarcerated hernias may experience:<sup>3</sup>

- A sudden onset of pain that intensifies quickly.
- Numbness.
- A change of hernia color.
- Nausea and vomiting.
- Bloody stools.
- Difficulty urinating or passing a bowel movement.
- Tenderness, increased pain, redness, or swelling at the site of the bulge/hernia.
- Fever or chills.
- Fatigue.
- Inability to push the hernia back in.



If you are experiencing any of the above symptoms, [contact your doctor](#) immediately. Any hernia or hernia pain is worth a visit to your healthcare provider. It's important to have a healthcare provider diagnose hernia pain to rule out other possible conditions. As noted above, if your hernia changes color, goes numb, or causes symptoms like fever, nausea and vomiting, seek medical attention right away.<sup>4</sup>

1. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/how-to-tell-if-you-have-a-hernia>  
2. <https://my.clevelandclinic.org/health/diseases/15757-hernia> 3. Sorenson, Hemmingsen, Kirkerby et al. Smoking is a Risk Factor for Incisional Hernia, JAMA. February 1, 2005. 4. FitzGerald JF, Kumar AS. Biologic versus Synthetic Mesh Reinforcement: What are the Pros and Cons? Clin Colon Rectal Surg. 2014;27(4):140-148. doi:10.1055/s-0034-1394155 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4477030/>