



Hernia Lifestyle Changes

Below are some general recommendations for lifestyle changes following hernia repair surgery. Be sure to ask your doctor about any changes you should make for your own individual condition. This information is for educational purposes only. Individual results may vary.

Labor



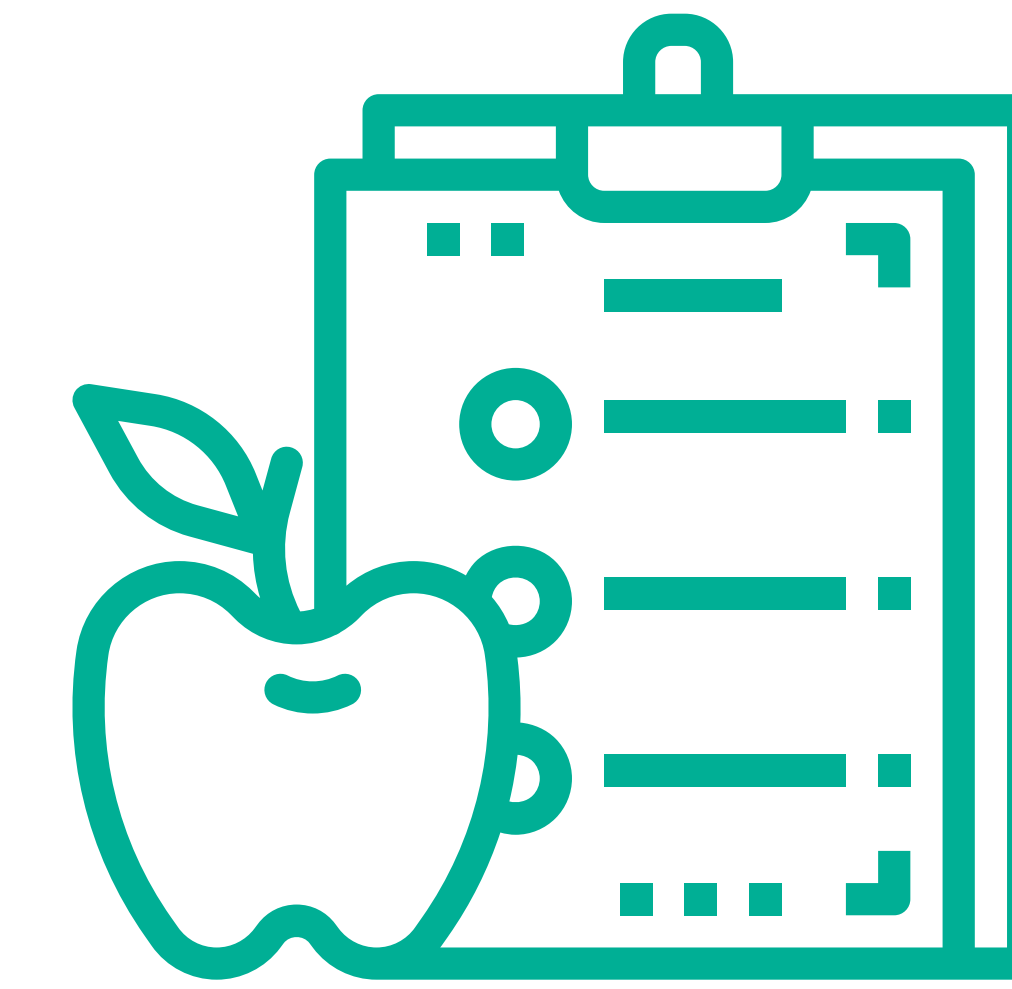
Returning to work following surgery will vary based on the size and type of hernia. Speak with your healthcare provider to determine when you can return to work and if any adjustments are needed to your work routine during recovery.¹ Proper manual handling techniques when lifting or moving a heavy object can help prevent future hernias. Avoid twisting or stooping, and keep your head up when lifting something.²

Smoking



Smoking can negatively affect your body's ability to heal. Smoking also increases your risk of hernia infection. Ask your doctor if you should give up smoking before or after your surgery and, if so, for how long.³

Diet and Exercise



There are no specific dietary restrictions after surgery, but maintaining a healthy weight is essential. Diets low in fat and high in fiber are recommended to prevent constipation, which can potentially cause unnecessary strain, and may lead to a hernia.

Taking short walks can help you maintain a healthy weight. Avoid vigorous exercise, such as weightlifting or biking until your doctor approves it.⁴

1. Blackburn, "Taking the Strain: Managing Employees with hernias" Wrightway Health <https://www.wrightwayhealth.co.uk/blogs/taking-the-strain-managing-employees-with-hernias/>
2. "How to Prevent Hernias in an Active Job" Rockwall Surgical Specialists <https://www.rockwallsurgicalspecialists.com/blog/how-to-prevent-hernias-in-an-active-job>
3. Sorenson, Hemmingsen, Kirkerby et al. Smoking is a Risk Factor for Incisional Hernia, JAMA, 2/1/2005 <https://jamanetwork.com/journals/jamasurgery/fullarticle/508337>
4. Types, treatments, symptoms, causes & prevention. Cleveland Clinic. (n.d.). Retrieved February 3, 2022, from <https://my.clevelandclinic.org/health/diseases/15757-hernia>