

# Incisional Hernia Common Signs & Symptoms Checklist<sup>1</sup>

## Are you still healing from a recent surgery and have:

- Noticed a bulge near the incision site?
- Participated in excessive physical activity?
- Gained considerable weight?
- Had an increase in abdominal pressure?
- Become pregnant?

## Several risk factors may increase your chances of developing an incisional hernia after surgery, including:<sup>1,2</sup>

- Wound infection
- Pre-existing health conditions (like renal failure, diabetes or lung disease)
- Obesity
- Smoking
- Certain medications
- Participating in excessive physical activity
- Gaining considerable weight
- Having an increase in abdominal pressure
- Becoming pregnant



If you answered yes to any of these, you may want to consult a doctor about the likelihood of experiencing an incisional hernia. Often visible when you stand up, cough, or strain your muscles, incisional hernias typically create a bulge near a previous incision location. Learn more about [incisional hernias](#) on our blog.

Ready for your hernia consultation? Find a [local doctor](#) near you. As you prepare, write a few notes or questions you may have, and check out our [Doctor Discussion Guide](#) for additional guidance.

1. Health Line, Incisional Hernia <https://www.healthline.com/health/incisional-hernia#causes>  
2. John Hopkins, Incisional Hernia, <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hernias/incisional-hernia>