

Questions to Ask your Doctor

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 nonsurgical 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 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 of 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?

All surgery carries risk. Individual results vary. Ask your doctor about potential benefits and risks for your own individual condition.

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