

Patient information from BMJ

Last published: Sep 20, 2021

Hernia: questions to ask your doctor

If you've been told you have a hernia in your groin, you may want to talk to your doctor to find out more. Here are some questions that you might want to ask.

Questions about your diagnosis

- What type of hernia do I have?
- Why do I have a hernia?
- Is it OK to push my hernia back into my abdomen?

Questions about your treatment

- Do I need surgery straight away, or can I wait?
- What will happen if I don't have my hernia repaired?
- How will you repair my hernia?
- How many hernia repairs do you do each year?
- What are the pros and cons of the different ways to repair a hernia?
- Am I suitable for keyhole surgery? (This surgery is done through small cuts rather than one large cut.)
- What type of anaesthetic will I need for surgery? Will I be awake for the operation?
- What are the risks of surgery? How likely are they to happen?
- What happens if I've got a hernia on both sides of my groin?
- How long will I need to stay in hospital?

Questions about what happens after surgery

- Can I expect any problems or side effects after my operation?
- How should I care for my wound? Can I get it wet?
- How quickly can I get back to my usual activities (work, sport, sex, housework, shopping)?
- Should I avoid doing certain things? How long should I avoid these?

Hernia: questions to ask your doctor

- Do I need a follow-up appointment? When?
- What are the chances that my hernia will come back?
- Are there things I can do to stop my hernia coming back?

The patient information from *BMJ Best Practice* from which this leaflet is derived is regularly updated. The most recent version of Best Practice can be found at bestpractice.bmj.com. This information is intended for use by health professionals. It is not a substitute for medical advice. It is strongly recommended that you independently verify any interpretation of this material and, if you have a medical problem, see your doctor.

Please see BMJ's full terms of use at: bmj.com/company/legal-information. BMJ does not make any representations, conditions, warranties or guarantees, whether express or implied, that this material is accurate, complete, up-to-date or fit for any particular purposes.

© BMJ Publishing Group Ltd 2021. All rights reserved.

