

# Patient information from BMJ

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## 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?

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