



Do I have a hernia? What now?

Possible symptoms

- A protrusion on the groin that is usually only visible when standing.
- Pulling pain in the groin area, which increases when coughing or tightening the abdominal wall.
- Sometimes little to no complaints
- Testicular pain caused by irritation of a nerve in the inguinal canal
- Painful muscles in the upper part of the inner thigh
- Hernia sac can be felt and visible but does not have to be. If there is pronounced fatty tissue, a hernia is sometimes difficult to recognise.
- When coughing or pushing, the hernia usually protrudes even more.

Questions about the disease

- Where do I have a hernia?
- Are organs affected that have pushed through the gap in the abdominal wall (or diaphragm)?
- Do further examinations have to take place? If so, which ones?
- Does the hernia need to be treated? Is surgery necessary? How long can I wait?
- What are the advantages of immediate treatment?
- What are the chances of my hernia becoming entrapped? What happens in the event of a pinch?
- Further questions: _____

Questions about the operation

- Which surgical technique is most suitable in my case and why?
- What are the advantages and disadvantages of the possible surgical techniques?
- Is open or minimally invasive surgery better for me?
- What are the advantages and disadvantages of a treatment with or without a grid?
- Will the surgery be done under general anaesthesia, regional anaesthesia or local anaesthesia?
- Can I choose a type of anaesthesia and what are the advantages and disadvantages of the options?
- Is it better to do the procedure as an outpatient or as an inpatient?
- What risks or complications can the procedure bring?
- When will the operation take place and what do I have to keep in mind until then?
- What examinations and clarifications do I need to have before the operation?
- What are the chances that I will suffer a hernia again in the operating theatre or elsewhere?
- What kind of permanent scars will I have from the surgery?
- How long do I have to stay in hospital?
- What do I have to keep in mind after the operation?
- When can I go back to work?
- When am I allowed to do sports and train again?
- Further questions: _____