

DISCUSSING HERNIA REPAIR SURGERY WITH YOUR SURGEON

Every visit with your surgeon is an opportunity for you to ask questions. Below is a list of questions you might want to discuss with your surgeon at your next appointment. Remember, no question is too big or too small.

Questions to ask **before your surgery**

1. What type of hernia do I have? Can you please explain it to me?
2. What are my hernia treatment options?
3. Are there things I can do to improve my health prior to my surgery?
4. What can I do to help make my surgery as smooth as possible?
5. What's the appropriate level of exercise I should be doing?
6. Can you explain to me the different types of mesh? What are the differences between biologic mesh and synthetic mesh?
7. Can you tell me more about repairing my hernia with a biologic mesh?
8. Based on my health history, which mesh is right for me?
9. How long is the hernia repair surgery?





Questions to ask **after your surgery**

1. What will my recovery be like?
2. Are there certain activities I should avoid after surgery? Will I be able to go back to my normal day-to-day routine once I've recovered?
3. What type of diet should I follow after surgery?
4. What's the recovery period? When can I go back to work?
5. What are signs of infection or complications after surgery?
6. What happens if my hernia returns?

FOR MORE INFORMATION
on your hernia repair options, visit
[KnowYourMesh.com](https://www.knowyourmesh.com).

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UNB122890-v2 02/23