

Talking to Your Doctor About Hernia Mesh Alternatives



Risk Factors

Check any risk factors you have. Risk factors may impact the outcomes of your hernia surgery or future recurrence.

- Previous abdominal surgery
- Obesity
- Previous pregnancy
- Chronic straining to lift heavy objects
- Medications, especially steroids
- Prior hernia repair
- Smoking
- Straining during urination or bowel movement
- Weakened immune system
- Diabetes

Concerns and Expectations

It is important for your physician to understand your goals for treatment and any concerns you may have.

My goal for treatment is: _____

My concerns about treatment are:

- Use of synthetic mesh
- Surgical complications
- Recurrence of hernia
- Cost
- Other - please specify: _____

Questions

Take some time to think of any questions you have for your physician before your appointment and write them down. Some questions you may want to ask are included here.

- What type of hernia do I have?
- What are my hernia treatment options?
- Are there things I can do to improve my health prior to my surgery?
- What steps can I take to make my surgery successful?
- Does my hernia repair need to be reinforced with a mesh?
- Can you explain different types of hernia mesh?
- Can you tell me more about alternative options to synthetic meshes?
- Can you tell me more about repairing my hernia with a biologically derived mesh?
- Based on my health history and risk factors, which mesh is right for me?
- Would Gentry Surgical Matrix be an option for my hernia repair?