

## Abdominal surgery: questions for your general surgeon

For hernia repair, gallbladder removal, hysterectomy, bowel resection, abdominal cancer surgery, and similar abdominal procedures. *The questions are similar across procedures; the specifics vary.*

### ABOUT MY PROCEDURE

1. What is the exact procedure you're recommending, and why this approach?

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2. Will it be open, laparoscopic, or robotic? What's the trade-off?

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3. How many incisions will I have, and where?

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4. How long does the surgery take?

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5. Will I need a drain, NG tube, or catheter post-op?

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### HOSPITAL STAY AND DISCHARGE

1. Will I be admitted, or is this outpatient?

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2. How long is the typical hospital stay for this procedure?

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3. What does the discharge process look like (timing, who picks me up)?

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4. What pain management plan will I go home with?

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**RECOVERY TIMELINE**

1. When can I bend, lift, exercise?

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2. When can I drive?

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3. When can I return to my job (mine specifically)?

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4. When can I resume sex?

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5. What's my lifting limit, and for how long?

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6. When can I shower, take a bath, swim?

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**WOUND CARE AND SIGNS OF TROUBLE**

1. How do I care for the incision in week 1, week 2, week 4?

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2. What does a healing incision look like vs. infected?

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3. Will I have stitches, staples, glue, or steri-strips?

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4. What signs would make me call sooner rather than later?

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## RISKS AND LONG-TERM

1. What are the most common complications you see?

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2. Hernia risk after this procedure?

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3. Will the procedure resolve my issue completely, or is recurrence possible?

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4. Long-term — anything I should know about for years from now?

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*This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.*

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