

# UNDERSTANDING AND DEALING WITH

# HERNIA

## AFTER A C-SECTION



### RISK FACTORS

Overweight before or during pregnancy.

Previous history of abdominal surgery, including a cesarean.

Weakened immunity from medicines, chemotherapy, or steroids.



### SIGNS AND SYMPTOMS

A bulge near the cut felt while bending or lifting objects.

Mild or severe pain, especially while lifting, sneezing, or coughing.

Digestive problems causing constipation and nausea.



### TREATMENT

An open surgery where the bulge or lump is pushed back via an incision in the groin area that is stitched back.

A laparoscopic surgery where the doctor repairs the hernia with a synthetic mesh through a small hole-like incision.

