



Do I have a rectus diastasis? What now?

Possible symptoms

- Protrusion on the anterior abdominal wall (bulbous abdomen, especially after eating).
- Palpable gap in the centre of the abdomen
- When stress is placed on the abdomen in everyday life or during exercise, the abdomen can bulge outwards or sink in (form a trench).
- Pain during abdominal exercises
- Pain in the lower back, buttocks or hips (increased with physical exertion)
- Feeling of an unstable or soft body centre
- Weakening of the anterior abdominal wall stability
- Weak abdominal pressing
- Back pain
- Pelvic instability
- Pelvic floor weakness / difficulties with bowel movements
- Constipation, sometimes nausea

Questions about the disease

- How big is my rectus diastasis? Do I also have a hernia?
- Are organs affected that have pushed through the gap in the abdominal wall?
- Do further examinations have to take place? If so, which ones?
- Can I reduce rectus diastasis through physiotherapy and exercise?
- Is surgery necessary? How long can I wait?
- What happens to excess skin? Does it later form back by itself? Is an abdominoplasty necessary? Can this be done in the same surgery?
- What are the advantages of immediate treatment?
- 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: _____