

Where and when to report

Please report one day before the planned surgery to the admission room of the Artromedical Szpital in Piotrkow Trybunalski, at 15 Rakowska Street.

Please take

- crutches (if lower limbs will be operated on)
- a referral from a general practitioner to an orthopedic ward (the date on the referral must not be earlier than a week before admission)
- stabilizer – if the attending physician advises
- valid insurance card with the TIN and workplace address, plus a copy of the first three pages of the card, medical record book or a medical certificate about hepatitis B vaccination
- ID or passport
- X-rays or other imaging examinations (MRI, CT and so on) and hospital discharge cards
- in case of additional diseases – test results, medical documentation and used drugs
- in case of additional insurance – a blank form from the insurance company
- cooling gel compresses if you have any.

Preparation

- last small meal 12 hours before planned surgery; drink nothing 8 hours before the surgery. The last thing you have to drink could be tea, coffee or still mineral water.
- if the patient is not of age, parent or legal guardian needs to give a written consent to surgery and anaesthesia (one to surgery, one to anaesthesia), otherwise the procedure won't be performed. If the patient is 16, he/she additionally signs the consents.
- Do not shave, cream, embalm etc. operation area two weeks before planned procedure

Test results needed for surgery

- Lab tests are done on the orthopaedic ward.
- If you suffer from any additional diseases, i.e. hyperthyroidism or diabetes, please bring your lab tests, that is thyroid hormones levels or saccharides levels.
- You need to have a certificate that you're immune to hepatitis (the HBs- Ag-antibodies test) or an insurance card that you've been vaccinated against type B hepatitis.
- There's a possibility of bacterial focus in the organism. That's why you're

required to have a comp oral panoramic done and to have a dental check-up to exclude the existence of inflammatory processes.

Discharge

- Most often patients are discharged the day after the surgery
- If the surgery was reconstructive or extensive (i.e. osteotomy), the patient is discharged two days after the procedure.
- In case of growth factors treatment the patient leaves not earlier than on the next day after injection.
- The patient is not allowed to drive on the way home – please make sure you have somebody to give you a lift.

Check-up:

- See [Post operative management after joint arthroscopy](#)
- If you have any questions please call doctor Malinowski's assistant at +48 509 513 810.