

Your checklist
for the preoperative consultation



Your checklist

General questions

1. What is my diagnosis (necrosis of the femoral head, arthrosis, rheumatoid arthritis, etc.)? What does it mean? Why does it cause pain in my joint?
2. Which surgical operation will be performed on me?
3. Why do I need an artificial joint? What would be the alternative?
4. What will be done to me in the intervention? How will the artificial joint be inserted and anchored in my body?
5. What does the endoprosthesis (= artificial joint) look like, which will be implanted in me? What kind of material is it made of?
6. What is the difference between a cemented and an uncemented joint replacement?
7. Will I be provided with a cemented or an uncemented artificial joint? Why is a cemented/uncemented implant the best solution for me?
8. How common is such operations carried out? How often are they performed in this clinic?
9. How experienced and specially trained is my surgeon?
10. Which certain operating consequences do I have to expect (scars, pain after the operation, etc.)?
11. What are the possible risks or complications associated with the operation? How probable are they? (thrombosis, infection, fracture loosening, component reaction, etc.)

Before the operation

12. I am overweight. Should I lose weight before the operation? If yes, which is the best way to do it?
13. Do I have to donate blood before the operation? How will this autologous blood be used?
14. Which examinations will be performed on me before the operation?

Your checklist

Around the operation and narcosis

15. What do I have to observe immediately before operation? What is permitted, what not (eat, drink, wash, medication, etc.)?
16. What sort of anaesthesia will I have for the operation (general, regional, sedation)?
17. When will I be brought into the operating room? What does expect me there?
18. How long will the operation take?
19. When will I wake up? What do I have to observe then? When can I eat and drink again?

After the operation

20. What is going to happen after the operation? What aftercare, follow-up and rehabilitation measures have been planned?
21. How can I actively promote the healing process?
22. What activities will be limited after the operation (sports, sex, etc.)? When will I be able to do what again?
23. What are the long lasting restrictions I must expect after arthroplasty?
24. How long will my endoprosthesis last?
25. How will it feel to live with the «foreign body» of an artificial joint? What emotional consequences do I have to expect?

Further questions / notes
