

PRE OPERATIVE CLIENT PACK

Asking questions before surgery is encouraged. The more you know about your procedure, recovery, and care plan, the better prepared you'll feel for the experience.

Consultant questions for your post op MLD

Would increasing circulation be harmful?

When can I start MLD appointments?

Do I have any surgical drains, implants, injectables, or joint replacements?

Are there any areas on my body that I should avoid being touched? If yes, where?

Can my MLD therapist work around my stitches? If so, how far away should they keep their hands from the stitches?

Should my MLD therapist wear gloves when working on my skin, or are well-sanitised hands acceptable? If gloves are necessary, when would it be appropriate to use well-sanitised bare hands?

Is there anything I should be aware of when receiving MLD?

How long should each appointment be, and how frequently can MLD be provided?

Are there any special directions or considerations I should keep in mind?

Surgery Abroad

It's completely okay to ask questions before your surgery. Understanding what to expect can help you feel more informed, prepared, and confident about your procedure.

Questions for Plastic Surgery Abroad

Conducting thorough research and asking the necessary questions beforehand is crucial to being well-informed and having a proper understanding before travelling outside the country for medical or surgical treatment.

This list aims to offer a general overview of questions to ask the healthcare provider in charge of your treatment. Please note that not all questions may apply to your specific treatment, and you may also have additional relevant questions.

It is recommended always to communicate with the foreign healthcare provider directly and to be cautious of individuals without appropriate healthcare credentials who try to address inquiries regarding your medical care.

Questions About Your Treatment

☐ What is the success rate of the procedure at your healthcare facility?

☐ What results can I expect from my treatment?

☐ Will I need to undergo the treatment again in the future? If yes, when?

☐ What are the potential risks of the treatment, and how probable are they? *Remember to think about the potential consequences of any complications and how these can affect your stay and travel home.

☐ Are there any tests I need to have before surgery, and who will perform them?

☐ Upon discharge, will I receive copies of all my medical notes, investigations, laboratory results, and post-operative instructions? Will they be translated into English if needed? Will there be any additional fees?

☐ What type of treatment will be administered (such as blood tests), and who will be responsible for conducting them? Will I receive copies of all my medical records, tests, and lab results after the treatment?

☐ Will I receive instructions upon discharge? Can they be translated into English if necessary? Is there an extra charge for this service?

Questions About Your Period of Recovery

☐ How long is my expected stay at the hospital or healthcare facility?

☐ Will I receive nursing care, food and drinks, medications, and dressings during my stay? If so, is there an extra cost? And do you consider dietary needs?

☐ After I am discharged, where will I stay temporarily?

☐ Will I have a place to stay when I go back home? Will the hotel make arrangements for me?

☐ Are there any tasks or events I should avoid, such as sun exposure?

☐ Is it necessary for me to have a travel partner to assist with my recovery and mobility?

☐ Do I need to avoid swimming, strenuous activities, and alcohol during my recovery?

☐ How will my post-operative care, such as check-ups, blood tests, and wound care, be handled?

☐ What additional care (such as dressings, physiotherapy, and dietary restrictions) will I need after my treatment? How long will I require follow-up care? And where can I receive this care?

☐ In case a follow-up evaluation is necessary upon my return, where can I find it?

*Note: It is advisable to consult with your general practice in the UK to determine if this service will be available upon your return. Are there any potential additional expenses to consider?

☐ How much time do I have to remain close to the international hospital or healthcare facility before I can safely return home?

☐ When can I expect to be deemed 'fit to travel' and return home? *Note: You should confirm the specific criteria for determining their fitness to fly with the airline.

☐ After receiving treatment, when will I be deemed fit to fly?

☐ What is my expected recovery time from beginning to end, including required time off work?

Questions About the Hospital or Healthcare Facility

It is crucial to verify if the medical regulatory authorities of a particular country have approved the hospital or healthcare facility. Please keep in mind that the regulations for evaluating and accrediting organisations may differ across countries.

☐ Is the level of hygiene and infection control up to par?

☐ Are quality assurance and safety standards regularly monitored and enforced?

☐ Will I be able to receive qualified nursing care?

☐ Will qualified nursing care be available?

☐ Will I be provided with meals, medications, dressing supplies, etc.?

☐ What are the commonly spoken languages in the hospital or health care facility?

☐ Will adequate translation services be available at the facility if I am not proficient in the spoken language?

☐ Which language(s) are being referred to?

Questions About the Expenses Related to Treatment

It is crucial to thoroughly examine the items covered by the quoted expenses for your medical care and to be mindful of any undisclosed charges. Verify whether the following costs are encompassed:

☐ Cost of transportation for the journey back (such as flights and taxis)

☐ The actual procedure

☐ Charges from the specialist

☐ Expenses for admission to the hospital or healthcare facility

☐ Fees for a translator

☐ Supportive care, including nursing, physiotherapy, and speech therapy

☐ Essential medical supplies and medications, such as sterile equipment and dressings.

☐ The necessary items, such as supplies and mobility aids, during your stay and upon your release

☐ Food and drink

☐ Charges for booking or administrative purposes

☐ Copies of your medical records and test results upon discharge, or is there a cost

☐ Accommodation before and after your admission

☐ Aftercare services (e.g. post-operative consultations, dressing changes)

☐ Provision of further treatment or extended hospital stays in case of complications

☐ Are there any additional expenses for travel companions (transportation, lodging, meals)

Questions About Insurance and Legal Status

☐ Is it necessary for the hospital or health care facility to receive cash payments, or do they also allow payment through credit or debit cards?

☐ Does my insurance policy cover the potential risks associated with my trip and the intended treatment I am seeking abroad?

☐ Will signing a contract with my international healthcare provider limit my ability to file a complaint or pursue legal action in case of any issues?

☐ Am I limited to pursuing legal action only in the country where the overseas healthcare provider is located?

☐ If I decide to take legal action, who will be held responsible? (e.g., the healthcare provider abroad, the healthcare professional, or both)?

Things to Ask Yourself

☐ Have I engaged in enough in-person meetings to discuss my treatment with the healthcare provider responsible for performing my procedure rather than with administrative, sales, or nursing personnel?

☐ Have I verified the credentials of my healthcare provider to ensure that they are adequately qualified and experienced to perform my treatment?

☐ Have I verified that my healthcare provider is fully licensed to practice in their respective country? (This can be achieved by looking up their information on the professional and specialist medical registries for that specific country.)

☐ Has the healthcare practitioner provided information on their expertise in carrying out the particular procedure that I am about to undergo? For instance,

What is the duration of their experience in the specific field?
What is their level of expertise in performing the procedure?
How frequently do they perform this procedure?
What are their individual rates of success and failure for the procedure?
What measures do they have in place in case of any complications during the procedure?
What is the process?

Your Own Questions

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