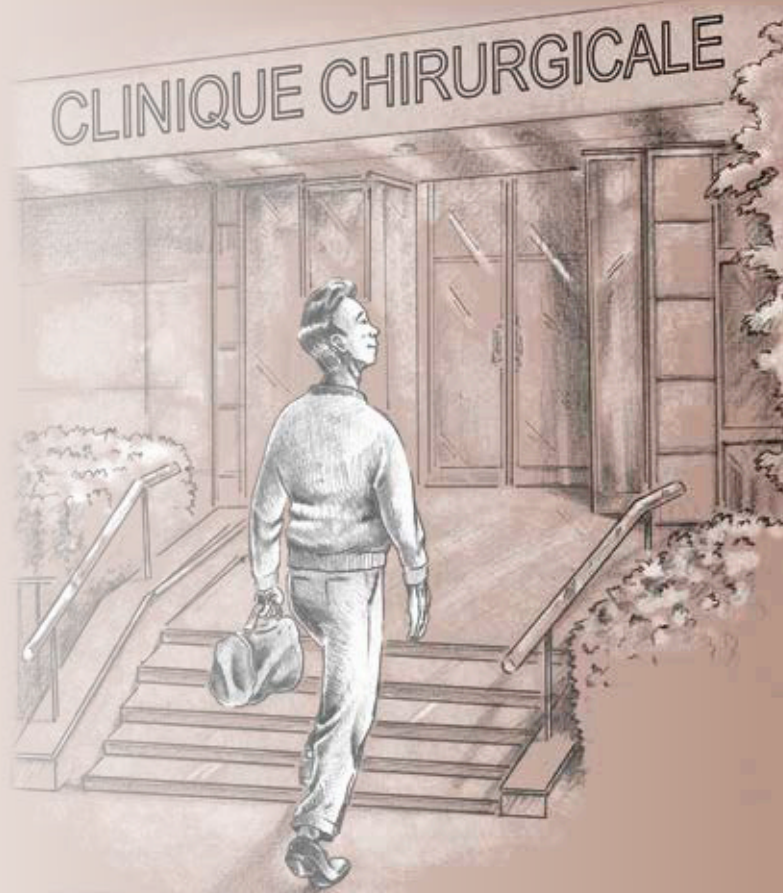


YOU ARE GOING INTO HOSPITAL
FOR AN OPERATION



ORTHOPAEDIC SURGERY
and sports traumatology
Doctor Philippe Paillard Office



YOU ARE GOING INTO HOSPITAL FOR AN OPERATION

BEFORE YOUR ADMISSION

PRE-ADMISSION:

You must provide the secretary with several documents concerning your health insurance:

- Carte vitale (health insurance card) and certificate,
 - Medical insurance certificate,
 - Identity card.
- For minors:
- Family record book,
 - A parent's identity card.

The secretary will then give you any prescriptions you will require as well as the various documents that you will need to fill in:

- anaesthesia questionnaire (to fill in),
- informed consent concerning the operation proposed,
- prescription relating to the procedure scheduled (ice bag, Betadine, brace),
- prescription for an x-ray and a blood test,
- prescription for a urinary test and a dental check-up before fitting an implant.

With the secretary, it is also necessary to organise:

- your stay at a rehabilitation centre, if the latter is required after having discussed the question with your surgeon,
- your transport home if you leave on crutches.

PRE-ANAESTHESIA CONSULTATION:

This consultation is compulsory. The appointment must be scheduled at least 48 hours before your operation, and 2 or 3 weeks before more major surgery such as replacement.

It is an opportunity to:

- meet the anaesthesiologist who will be looking after you during your stay in hospital,
- discuss the different techniques with them,
- carry out any complementary medical assessments your anaesthesiologist may see fit.

Remember to bring:

- the list of your current medication,
- the results of any examinations,
- the completed anaesthesia questionnaire

THE DAY BEFORE YOUR OPERATION

You will need to prepare the skin around the area to be operated on.

The day before your admission, you must remove the hair using a depilatory cream. You must not use a razor.

Vous devez épiler :

- **For an operation on a lower limb**, you must remove the hair down to the foot (knee and hip) or from the knee to your toes for an operation on the ankle.
- **For an operation on the upper limbs** you must remove the hair from your chest and shoulder to the hand

You must:

- Cut your finger nails and toe nails short
- Remove any nail varnish
- Take off all your jewelry (rings, etc...)

BEFORE COMING TO THE CLINIC FOR YOUR OPERATION, YOU MUST PREPARE:

- 1 - Your up-to-date carte vitale, means of payment
- 2 - Your crutches, support stockings, ice bag and brace for the operation
- 3 - All your examinations: blood test, x-rays, MRI, scan, ECG, panoramic dental x-ray if requested.
- 4 - Your personal medication
- 5 - Your personal belongings: underwear, flannel, towels, pyjamas, soap and toothbrush

DURING YOUR STAY

THE DAY OF YOUR ADMISSION:

Your arrival at the clinic	Administrative admission	Medical assessment	Arrival in your room
<p>- For a traditional stay in hospital of a few days, you will be admitted in the afternoon the day before the operation</p> <p>- For outpatient surgery, you will be admitted on the morning of your operation.</p>	<p>An authorisation signed by the child's parents is required for minors.</p> <p>A safe is at your disposal in your room. We recommend you lock up your valuables.</p> <p>Television, telephone and Wi-Fi are available (fees apply).</p>	<p>For a traditional stay in hospital, your surgeon and your anaesthesiologist will come and see you the day before your operation and check one last time that everything is in order.</p> <p>For outpatient surgery, you will meet them in the operating department.</p>	<p>The nurse will provide you with the necessary information and explanations to ensure the smooth running of your stay.</p> <p>You will give her your examinations (lab results, x-rays...).</p> <p>The nurse will get you ready for your operation.</p>

You must not eat, drink or smoke from midnight on the day before the operation.

You will be told at what time your operation will be the evening before.

You will be prescribed and administered a light sedative to help you get a good night's sleep.

THE OPERATION AND GOING HOME

You will fast from midnight. If your operation is in the afternoon, you may be served a light breakfast early in the morning, if the anaesthesiologist agrees.

For outpatient surgery, you will arrive at the clinic fasted since midnight.

Preparation for the operation

- The nurse will come and tell you when you will be going into the operating room,
- You will have a final shower two hours before,
- You will be given a "pre-medication" to help you relax.

Transfer to the operating department

The porters will take you down to the operating department with your complete medical file, as well as your brace and support stockings if necessary.

Arrival in the operating department

- You will be greeted by the anaesthesiologist who will then start preparing you for the operation in the anaesthetic room,
- You will then be taken to the operating room where a nurse will check your identity as well as on which side you are being operated on. They will get you ready on the operating table with the help of the operating room staff,
- The assistant will propose a film you can watch during the operation,
- Your surgeon will come and see you and check that everything is in order,
- The assistant surgeon will prepare the surgical drapes and the limb that will be operated on,
- The procedure can begin.

The recovery room

Even if you were conscious during the operation, you will be taken here for about 1 hour after any procedure, where:

- Your vital signs (blood pressure, pulse, etc...) are controlled,
- Your pain can be effectively controlled as the anaesthetic wears off,
- An x-ray is carried out to check the joint operated on,
- You will be woken up gently if you have had a general anaesthetic,
- Ultimately, it will be ensured that you have safely recovered before taking you back to your room.

Returning to your room

The porters will take you back to your room. A nurse will greet you and get you into bed. They will:

- Check that everything is fine,
- Control your pain and vital signs.

The medical check-up

Your surgeon and your anaesthesiologist will come and check on you the evening after the operation and give you the necessary instructions and information concerning the post-operative follow-up.

Visits

- | | |
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| <ul style="list-style-type: none"> - Visiting hours for family and friends are from 1 p.m. to 7 p.m. - Food from outside the premises is not allowed | <ul style="list-style-type: none"> - Only children over 10 years are allowed in - Flowers are forbidden. |
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AFTER THE OPERATION:

Medical check-up

Your surgeon and your anaesthesiologist will check on you daily to ensure that all is going well following the operation and to ensure the pain is being managed.

Nursing care

Nursing care is provided every day. The dressing will be changed on the second day.

Physiotherapy

Traditional stay: the physiotherapist will get you up the day after the operation to begin your rehabilitation, which will be carried out every day whilst you are in hospital.

Outpatient surgery

The physiotherapist will give you instructions before you leave.

Nursing care: administration of analgesics, putting ice on the knee, changing the dressing...

Follow-up examinations

Blood tests, x-ray and sometimes a venous ultrasound are carried out on the request of the doctors

Visiting hours and meal times

- Meal times: 8 a.m. – 12 noon – 6 p.m.

- Visiting hours: 1 p.m. to 7 p.m.

GOING HOME:

Medical check-up

The surgeon and the anaesthesiologist ensure that all is well.

Nurse's examination

The nurse checks and changes your dressing. She will give you the results of all your examinations.

Physiotherapist's check-up

He will check that you are self-sufficient enough to return home, and check how you get around on crutches.

The surgeon's secretary

The secretary will give you:

- all the prescriptions for your medications, the nursing care and for your physiotherapist,
- a medical certificate if necessary,
- the various appointments for your follow-up visits:
 - appointment with your surgeon,
 - x-ray appointment.
- She will also sort out all the administrative details for your health insurance and organise transport if required for your return home (ambulance, taxi...).

We would be grateful if you would fill in the satisfaction questionnaire with your comments and suggestions to help us to improve the quality of our services.

Discharge office at the clinic

You will make the various payments and complete your administrative discharge.

Once you leave hospital, please do not hesitate to call if you have a problem.

We wish you a speedy recovery.



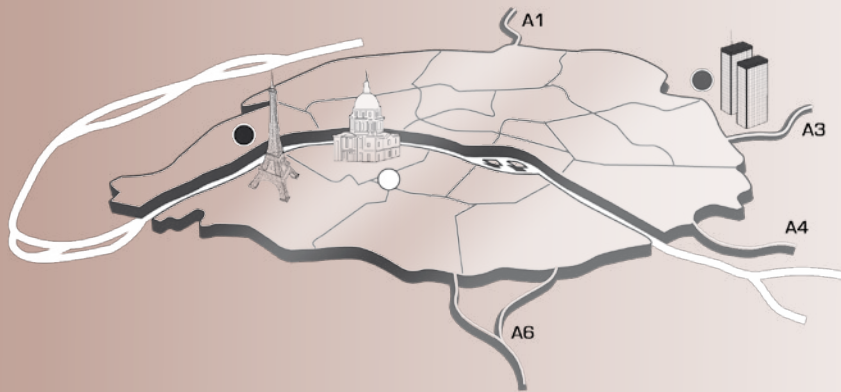
ORTHOPAEDIC SURGERY
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HIP, KNEE, SHOULDER, ELBOW AND ANKLE SURGERY
ARTHROSCOPY, JOINT REPLACEMENT, SPORTS SURGERY

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