

**CERTIFICATES:** If you need a medical, carer' s, TAC or work-cover certificate, please contact our rooms to arrange this. It may take a couple of days for us to complete the certificate and post it to you.

**DRIVING:** As a general rule, we advise that you not drive for 6 weeks following surgery. If you have any concerns about this, please speak to your surgeon before your surgery. It is also a good idea to talk to your insurer about any restrictions they may have on your policy.

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Specialist Orthopaedic Surgeon  
Head of Orthopaedic Unit - Albury Wodonga Health  
Conjoint Senior Lecturer UNSW

*Welcome to our Practice*

## *Commonly Asked Questions*



**FLYING:** If you know that you are going to be flying soon after surgery, please speak with your surgeon regarding any restrictions or precautions that you should be taking.

**ADMIN / INSURANCE FEE:** For patients who are having surgery at the Private Hospital, there is an out of pocket Administration and Insurance fee. This fee is payable prior to your surgery, does not attract a Medicare Rebate and is non- refundable through your health insurance. This fee covers our administration and insurance costs associated with your surgery. It also covers all of your after-surgery care including any removal of sutures, dressings and wound care you may need with Glenda the nurse and your first visit with your surgeon after your surgery.

8/2 Ramsay Place,  
Albury NSW 2640  
Telephone: 02 6041 4879  
Facsimile: 02 6041 5783  
Email: [emma@alburyortho.com.au](mailto:emma@alburyortho.com.au)  
Web: [www.alburyorthopaedics.com.au](http://www.alburyorthopaedics.com.au)

# Your surgery information guide

## PREPARING FOR SURGERY

**SMOKING:** Smoking is the single most important risk factor for the development of complications after any orthopaedic surgery. The complications include:

- Heart/lung complications
- Wound healing problems
- Wound or implant infection
- Impaired bone healing
- Risks of further surgery
- Need for admission to intensive care.

You can decrease your risk of complication by stopping smoking at least six weeks before your surgery.

**MEDICATIONS:** You must tell your surgeon or the nurse all of the medications you are taking, as some will need to be stopped before you can have surgery. Blood thinning tablets, such as aspirin or warfarin and some anti-inflammatory tablets are just a few of the tablets that need to be stopped. Please also let us know if you are taking blood pressure or diabetes tablets.

It is also very important that you tell us about any medication allergies that you have.

**ADMISSION TO HOSPITAL:** The hospital staff will telephone you the day before your procedure to let you know what time to arrive at the hospital. If you are having a day procedure, we ask that you wear loose, comfortable clothing and leave jewelry at home. Ladies, please do not wear any makeup. If you are staying overnight in hospital, you will need a bag with your pyjamas or nightgown, a dressing gown and slippers. Please do not bring any valuable items.

If you are having a morning procedure, you will be asked to fast from midnight the night before. If your procedure is on the afternoon list, you will be able to have an early light breakfast (tea and toast at about 6am). **Fasting means nothing to eat, drink or smoke.**

## AFTER SURGERY

**GOING HOME AGAIN:** You will not be allowed to operate any machinery or drive home after your surgery, so please make sure that you have some-one who can drive you home and then keep you company for 24 hours after your anaesthetic.

Please note that you will be advised not to make any legal decisions the first 24 hours following surgery.

**CRUTCHES:** Most patients will need crutches after their surgery. You will need to hire or borrow these before you go into Hospital.

**PAIN:** Most pain usually resolves within a few days but can take up to 6 weeks after surgery to fully resolve. You should be given a prescription for pain medication before you leave the hospital. If your pain is not managed with this prescription, you should see your regular GP for further pain management.

**SWELLING:** Some swelling around the surgical site is normal and will usually resolve within a couple of weeks.

**DRESSINGS:** Please keep your dressings dry and intact until your follow-up visit with either Glenda our nurse or the Fracture Clinic.

## IF YOU DEVELOP ANY OF THE FOLLOWING:

- Temperatures higher than 38C or chills or sweats
- Severe pain, tenderness or increased swelling that is not relieved by rest and elevation
- Shortness of breath or chest pain
- Unusual amount of drainage on the dressing or foul smell at the dressing site
- Any definite change in movement, colour, warmth or sensation
- Nausea or vomiting

And you had surgery at the Albury Wodonga Private Hospital, contact Glenda the nurse on **02 6041 4879**. After hours call the hospital on **02 6041 1411**. OR, If you had surgery at the Albury Base Hospital, please contact the orthopaedic registrar or the fracture clinic at the hospital on: **02 6058 4444**