

# FAQ'S

## GENERAL QUESTIONS:

### How do I make an Appointment?

Simply call us at 912-651-8826 during our working hours or you can request an appointment online.

### Do I need a referral to make an appointment?

Most medical specialists will accept only referred patients. This is mainly to try to ensure that the specialist you are seeing is appropriate for you and your condition. Check with your insurance company to see if a referral is necessary.

### What to bring for your initial consultation?

For your initial consultation you will need to bring a referral letter from your physician if necessary. Here is check list for your initial consultation:

- Driver's License or a valid ID
- Insurance information
- Referral Letter (if required)
- Reports, X-rays, MRIs, CT scans etc. and any other relevant information
- List of medications (if any)
- We encourage you to come to your initial consultation with a written list of questions to ensure you don't forget to ask them when you are seeing the doctor.

### Are my medical records kept private and confidential?

Your medical file is handled with the utmost respect for your privacy. Our staff is bound by strict confidentiality requirements as a condition of employment regarding your medical records. We will not release the contents of your medical file without your consent.

### How long do I need time off work after the surgery?

The post-operative recovery period varies based on the particular surgery. Generally it is recommended patients take two weeks off work to recover from any surgery and to resume light duty following resumption of work. Your surgeon will give you specific instructions to follow for a successful recovery.

### How long before I can resume driving?

You should wait at least one week before driving after surgery. The effects of anaesthetic and surgery can affect judgment and reflexes during the first week following your surgery. Your surgeon will provide more specifics for your particular situation.

### When can I resume exercise?

Your doctor will instruct you about post-treatment exercises - the type and the duration to be followed. You may be referred to a physical therapist to help with strengthening and range of motion exercises following surgery.

### How do I contact after hours?

There will be a point of contact 24 hours a day for any concerns you may have. You will be provided with contact details following your treatment.

## **MEDICAL QUESTIONS:**

### **What are the non-surgical treatment options?**

The non-surgical treatment options include rest, medications including analgesics and antibiotics, injections, and physical/occupational therapy.

### **Will physical therapy be required after surgery?**

Getting full range of motion, strength, and flexibility back after surgery usually takes time. That is where pre-operative exercise, education, and post-operative physical therapy programs come in – to ensure you are physically and emotionally prepared for surgery and to maximize your recovery after surgery.

### **What are the risks associated with surgery?**

As with any surgery, risks include reactions to anaesthesia, bleeding, infection, stiffness and nerve damage. Your doctor will discuss the risks associated with your specific procedure.

### **When can I return to daily activities?**

This varies depending on the type of procedure undergone, and can range from a few days to a few months. Return to all activities, sports and exercise can take up to four to six months. Your doctor will advise you depending on your particular health condition.

### **What can happen if surgery is avoided?**

Some complications of not undergoing an orthopaedic surgery for your condition include pain, loss of joint motion, joint weakness, numbness and an early onset of arthritis.

### **What are the most common injuries?**

The most common orthopaedic injuries are sprains and strains, fractures, and dislocations. Injuries can occur when playing indoor or outdoor sports or while exercising. Sports injuries can result from accidents, inadequate training, improper use of protective devices, or insufficient stretching or warm-up exercises.