

**Dear patient,**

**You are preparing yourself for a surgery at CZ Clinic**

**CZ Clinic personnel will notify you of the time of your arrival by telephone before the procedure.**

Please, come on the date of your surgery into private medical facility:

**CZ Clinic, Vodní 25, Prostějov - on an empty stomach!!**

After the surgery, under local or general anaesthesia medical and nursing care are provided. Patients are discharged for home care solely in stable condition, able to walk by themselves (alternatively using rehabilitation aids). Patients must be accompanied when being discharged.

**In case of any questions and queries, please contact us on CZ Clinic telephone number +420 772 438 0631**

We wish you a fast recovery,

CZ Clinic team of doctors and nurses

Dear Mr./Ms. ... ..

**We kindly ask you for pre-surgery examination and your statement on patient's condition regarding a surgery under general anaesthesia.**

**Surgery is planned on:**

.....

Please, provide us with:

1. anamnestic data
2. medical findings
3. diagnosis summary
4. laboratory tests - CRP, blood counts, glycaemia, Quick, aPTT, Na, K, Cl, liver function tests, urea, creatinine
5. urine test + sediment
6. ECG (aged 40+)
7. Chest X-ray (aged 50+)
8. Possible assessment in patients with a chronic disease (coronary heart disease, hypertension, diabetes, COPD) and possible consultation with an internist

**Examination may not be done more than 14 days before the surgery.**

Please, discontinue using medications that could cause excessive bleeding (including non-steroidal anti-inflammatory drugs) 7 days before the surgery at the latest.

In case of any questions and queries, please contact us directly on CZ Clinic telephone number +420 724 380 631

**Thank you for cooperation!**

## **IMPORTANT NOTICE FOR THE CLIENTS!**

**Please, read the following recommendations carefully:**

### **Remember to have with you:**

- ID card
- Health insurance company card
- Surgery documentation (file with all examinations)
- Medications prescribed by your doctor
- Your long-term medications
- Slippers

### **Preparation:**

- Shave the operated area within the scope of c. 20 cm above and under the operated area.
- Do not eat, drink and smoke from the midnight before the surgery!
- Make sure you have a ride home arranged.
- Keep the time of your arrival (our nurse will notify you in case of any changes)
- In case of acute illness, please immediately contact your doctor or CZ Clinic reception - +420 724 380 631

**We are not responsible for valuables and money!**

***Wishing you a fast recovery,***

***CZ Clinic team***

## **Patient's informed consent to surgical procedure and information for patient after surgical procedure**

**Patient (surname, name, title):** .....

**Date of birth:** .....

**Attending doctor:** .....

**Dear patient, your attending doctor has recommended the following orthopaedic surgery for you:**

.....

Before the medical procedure, the aforementioned doctor had informed you in detail about the circumstances that induced him/her to perform this medical procedure, about nature and method of such performance, possible complications and further progression of the disorder if such medical procedure is not performed. This document should familiarise you with basic information and it should be your guideline for querying your attending doctor

### **PLEASE ASK ABOUT ANYTHING THAT YOU CONSIDER IMPORTANT!**

Examinations preceding the procedure itself, pre-procedure preparation:

Each surgical procedure is preceded by a clinical examination complemented with required practical examinations: x-Ray, computed tomography (CT), nuclear magnetic resonance (NMR). There is no special preparation of the patient required before the surgery, the surgical field must be clean and free from hair within required scope. Patients may not drink, eat and smoke from the midnight before the surgery. As for chronically used medication, consultation with the anaesthesiologist is suitable.

The procedure itself may be performed with general or local anaesthesia. The anaesthesiologist will notify you of the procedure after it is agreed with the surgeon. The surgical procedure is performed with the patient in the position on the back, only in some types of surgeries we perform the surgery with the patient lying on the side or front. Patient is informed about it before the surgery. After the surgery you will be laid on a bed under permanent control of specialized medical personnel. To achieve expected result of the surgery, please respect all medical recommendations.

Despite extreme caution some **complications** may occur:

Allergic reactions – administration of anaesthetics or other medication can cause redness, swelling, itching or nausea. Rarely serious complication such as respiratory disorders, cramps, cardiac rhythm and blood pressure disorders causing life-threatening shock can occur.

Abscesses, skin and soft tissue inflammation, including blood vessels and nerves as a consequence of injections, infusions, required position on the operating table, disinfection or work with electricity during the surgery.

Thromboembolism – particularly in recumbent patients, smokers, patients using hormonal contraception, closure of veins with blood clot can occur and it can subsequently get to lungs and life can be endangered. Thromboembolism prevention in the form of medications affecting blood coagulation can cause, on the contrary, bleeding.

Joint infection – results in oedema, pain, reddening. Despite intensive treatment, it can persist for a long time and thus prolong overall treatment, joint motion restriction or even joint movement loss can occur or fistulas can develop.

Haematoma in the joint can develop based on bleeding. Despite its puncture it can reoccur and persist for weeks.

Injury of structures (e.g. muscles, tendons, blood vessels and nerves) can lead, despite immediate treatment, to temporary or permanent defect of blood circulation and movement of the limb. In small skin nerves skin sensitivity can occur in certain areas. Blood vessels and nerves can be oppressed and subsequently damaged due to pressure of soft tissues in significant oedema (compartment syndrome).

Temporary but also permanent defects of blood circulation, nerve and muscle damage to partial paralysis of the limb can be caused by application of the cuff to ensure bloodless condition. Such complications are extremely rare.

Nerve damage due to pressure of bandage or splint.

In case of mini-invasive surgeries of joints and arthroscopies, so called Redon drainage can be implemented into the joint after the surgery to remove residual fluid or blood. The surgeon decides on the time of its extraction after the surgery. To accelerate healing and prevent oedema after the surgery it is suitable to cool the operated joint. The way of stress is decided by the surgeon.

Our facility has top and latest technical and material equipment for mini-invasive surgeries of joints, including ligament and meniscus reconstruction (their suture), and all other surgical procedures in other joints.

*I declare that I have explained the base of assumed medical procedure and care after the surgery to the patient (his/her legal guardian) in a way that is, in my opinion, easily understandable for him/her.*

Doctor – surgeon: .....

Date: .....

*I, the patient (legal guardian), agree with performing of the above stated medical performance/procedure. Its essence has been explained to me comprehensively by the doctor signed above. I affix my signature to confirm that I was provided with complete and comprehensive information that is understandable for me. I am aware of possible complications that can occur if I do not come for medical check in the medical office on the date set in the discharge summary.*

Date: .....

Patient's signature: .....

Attending doctor's stamp and signature: .....

*Notification:* We aim to help you – the patients. Full information on recommended medical procedure is an integral part of patient's informed consent. If you need to, you can ask the doctor any further questions. You are fully entitled to refuse the recommended procedure. In case your refusal endangers your health, the doctor is entitled to request your written confirmation of your refusal (negative reverse) and is obliged to respect it in compliance with the principles of medical ethic.

Date: .....

Patient's signature: .....

