

Speaking with Your Surgeon

Here is a list of tips and questions to help you discuss your condition and available treatment options with your doctor. Print this list and take it with you on your next visit.

Remember to tell your surgeon about any prior surgeries you've had. This may affect his or her choice of treatment options. Also mention any illnesses, allergies, medications and over-the-counter vitamins or supplements you take.

Questions

1. Can you explain the treatment options and tell me what you recommend and why? What are the possible benefits and risks of other treatments?
2. Do you have a simple explanation and diagram of the procedure? (Many doctors will have patient education materials to help you understand the procedure.)
3. What kind of complications can occur during or after the surgery?
4. What type of anesthesia is used? Are there any side effects from the anesthesia?
5. What level of normal activity and function will I regain? How long will the results last?
6. How will my condition progress if I don't have the surgery?
7. How many surgeries of this type have you performed? Can you tell me about your training and credentials?
8. Are there lab tests I need to take before the surgery, or specific instructions about what I can eat or drink? Can I take my regular medications and over-the-counter supplements in the days or weeks prior to surgery?
9. How long will it take to perform the surgery? Will I stay in the hospital or will the surgery be performed on an outpatient basis?
10. What should I expect after the surgery? Will there be pain or discomfort? What medications will I need to take, at what dose and how often? Will I have restrictions on activity level, lifting, driving or bathing?
11. When should I schedule a follow-up appointment? Are there physical signs I should watch for and call you about?

Biodesign may not be the appropriate treatment option for your condition. Information provided on this site is not intended to replace consultation with a medical doctor.