



DR GERHARD PIENAAR
ORTHOPAEDIC SURGEON

DR GERHARD PIENAAR INC
Orthopaedic Surgeon
MBChB, MMed(ORTHO), FC ORTH(SA)

041 001 0394
info@drgerhardpienaar.co.za
Suite 404, Life St George's Hospital
40 Park Drive, Central, Gqeberha (PE), 6001

SURGICAL INFORMATION

CONSENT MEETING:

Please make sure that you have a consent meeting at Dr Pienaar's rooms prior to your surgery date.

The consent meeting is to detail you on the procedure, both risks and benefits as well as all relevant other treatment options and outcomes.

The cost implications of the scheduled procedure will also be discussed at this meeting.

Close family members are welcome to attend the consent meeting and we encourage you to involve them in all the decisions around your scheduled procedure.

Nominate one member of the family as a contact person should you be unable to communicate by yourself or who would have consent to make decisions regarding further treatment should you not be able to.

ESTIMATED TIMELINE:

Your procedure duration will depend on complexity and will be discussed with you during the consent meeting.

The typical admission will involve stay in a General Ward. Depending on the type of procedure, you may be required to wear compression stockings. If so, you will have to wear them for at least 4 weeks.

FOLLOW UP:

Upon discharge my rooms will contact you with a post-surgical follow up between 1-2 weeks post surgery – if they do not, please contact the rooms on 041- 011 0394 to make one. There is no fee for this consultation.

MEDICATION:

Please inform us of any blood thinning / anti-coagulative therapy. Some need to be stopped eight days or longer prior to surgery.

WHAT TO BRING WITH:

- Pack all medications relevant (i.e. chronic medication)
- Toiletries
- Pyjamas / Day clothes
- Reading material and / or earphones (also available from the hospital)
- Cell phone charger

DAY OF SURGERY

Please be at **Admissions** (front entrance of hospital) at 6:00, unless otherwise specified.

Patients must be **nil per mouth for at least 6 hours before** a surgical procedure.

DAYS AFTER SURGERY

Dr Pienaar will see you daily, unless there is an emergency that keeps him from the hospital.

In such a case, the treating Physician or Anaesthetist will see you or Dr Pienaar will inform you who is standing in for him when he is not available.

There is no set time for the follow up visits while in hospital as it is done either before or after Dr Pienaar's theatre list or consultation hours.

Any immediate queries or discomfort you may be experiencing can be communicated to the Ward sisters and they will contact the relevant doctor.

DAYS AFTER DISCHARGE

Driving instructions: It depends on the type of surgery that was performed, but most patients will **NOT be able to drive** their own vehicle for the **1st 4 weeks following the procedure**. Please discuss this during your consent meeting.

Wound dressing instructions: All wounds should stay closed and kept dry until your follow up with Dr Pienaar. If a dressing requires replacing prior to follow up visit, you should replace it with a similar dressing. These can be obtained from most pharmacies.

Stitches: Unless otherwise specified, your stitches are self-dissolving and do not require removal.

Physiotherapy / OT instructions: Please adhere to the physiotherapist/ OT instructions, as given in hospital. Should any further therapy be necessary, Dr Pienaar will refer you to a physiotherapist/ Occupational therapist to continue rehabilitation.

If there is any problem prior to your follow up visit, please contact the rooms / nearest emergency unit. Please ensure that your treating doctor informs the practice of a possible complication if seen at the emergency unit or GP practice.