

CHECKLIST OUTPATIENT STAY

TO ENSURE YOU CAN PREPARE OPTIMALLY FOR YOUR OUTPATIENT STAY, THE MOST IMPORTANT POINTS ARE SUMMARIZED FOR YOU IN THE FOLLOWING CHECKLIST.

BEFORE ADMISSION

- Send the admission form, electronic patient dossier (EPD), and general consent to the clinic.
- Complete, sign, and send the anesthesia questionnaire in advance, or bring it along if admission is on short notice (<7 days).
- Deposit payment (if there is no cost guarantee or in case of an upgrade selection) or bring payment confirmation if admission is on short notice (<7 days).
- Leave valuables, large amounts of cash, and jewelry at home. The clinic assumes no liability for valuables brought along.
- Provide a contact address and inform relatives, neighbors, and your employer.
- Arrange transportation to and from the clinic.
- Be fasting on the day of surgery bis 6 Stunden vor dem Eintritt leichte Kost
 - Light meal up to 6 hours before admission.
 - Clear liquids like water or tea up to 2 hours before admission (no dairy or fruit juices).
- Do not use any personal care products or makeup after showering on the day of admission.
- If applicable, remove nail polish and artificial nails.

TO BRING WITH YOU UPON ADMISSION TO THE CLINIC

Medications

- Current medications in their original packaging, not removed from blister packs
- Current medication card

Dokumente

- Blood group ID card, allergy card
- Living will/advance healthcare directive
- Anticoagulation ID card (Quick card), ID for endocarditis prophylaxis
- Current medications in original packaging, not removed from blister packs
- Completed anesthesia questionnaire (if not already sent to the clinic)
- Medical reports, X-rays, test results (including lab work and ECG) and any general practitioner reports

Personal Items

- Reading material
- Reading glasses
- Non-slip shoes

AFTER THE STAY

Follow-Up Care

- Do I need support for the period after the hospital stay (e.g., home care services, meal delivery)
- Is my transportation organized?
- Have I received my personal belongings, such as medications, blood group card, prosthesis ID, etc.?

Aftercare and Return to Work

- Do I have a medical certificate?
- Which activities and movements are permitted, and which should I avoid?
- What level of exertion is allowed (full/partial)?
- How can I recognize and avoid warning signs (e.g., fever, redness, pain, swelling, etc.)?
- When and where will stitches or staples be removed?
- How and when should I change my dressing?
- Am I allowed to shower or bathe?
- Will I receive a prescription for physical therapy?
- When is the next doctor's appointment scheduled?