

Frequently Asked Questions

Answers to the questions patients ask most often. If your question is not here, please ask the rooms — no question is too small.

1 Consultations and referral

Do I need a referral to see Dr Julyan?

Not always, but a referral letter from your GP or another doctor is helpful, and some medical schemes prefer or require one. Bring it if you have one.

Does seeing a surgeon mean I will need an operation?

No. Many shoulder and upper-limb problems are treated successfully without surgery. The first visit is an assessment to find the cause and discuss your options.

What should I bring to my appointment?

Your ID and medical scheme card, any referral letter, your actual X-rays or scans and their reports, a list of your medication and allergies, and your questions.

2 Surgery and anaesthetic

What type of anaesthetic is used?

Shoulder surgery is often done under a general anaesthetic combined with a nerve block for comfort afterwards. Many hand and wrist procedures are done under local or regional anaesthetic. The anaesthetist will discuss the best option with you.

Will I stay in hospital overnight?

It depends on the operation. Many smaller procedures are day-cases, so you go home the same day. Larger operations such as a shoulder replacement usually need one or more nights. You will be told in advance.

What are the risks?

Every operation carries some risk, and these differ by procedure. Dr Julyan will explain the specific benefits and risks for your operation before you consent, so you can make an informed decision.

3 Pain and recovery

Will it be painful afterwards?

Some pain is expected early on and is usually well managed with the medicine you are given. Taking it regularly at first works better than waiting for pain to build up.

How long will I wear a sling?

For many shoulder operations, commonly around 4 to 6 weeks, but this varies with the procedure. You will be given specific instructions.

When can I drive again?

Not while your arm is in a sling. You may drive once you are out of the sling, off strong pain medicine and can safely control the car — often several weeks after shoulder surgery.

When can I go back to work?

Desk work is often possible within a few days to about two weeks; manual work usually takes longer. A sick note can be arranged, and a graded return discussed.

When can I return to sport or the gym?

Lighter activity is often built up around three months, with higher-demand or contact sport later. Your physiotherapist and surgeon will guide you.

Will I need physiotherapy?

Physiotherapy or hand therapy is an important part of recovery for most shoulder and upper-limb operations. You will be advised when to start and what to do.

5 **Costs and medical scheme**

Will my medical scheme cover the surgery?

Planned surgery usually needs pre-authorisation, and cover depends on your scheme and plan. Authorisation confirms cover for the admission but is not a guarantee of full payment of every fee. Ask the rooms about possible co-payments.

What is a co-payment or shortfall?

It is the difference between a fee and what your scheme pays. Ask the rooms in advance; gap cover, if you have it, is designed to help with these amounts.

6 **Privacy**

How is my information protected?

Your records are kept confidential and handled in line with POPIA and the National Health Act, and used to provide and administer your care.

Rooms: Suite 6, Netcare Pretoria East Hospital, Cnr Garsfontein Rd & Netcare Drive, Moreletapark, Pretoria 0044**Tel:** 012 998 7550

After hours: 082 923 4477**Appointments:** yvette@antonjulyan.co.za

This leaflet gives general information for patients of Dr Anton Julyan and is written for a South African context. It does not replace the specific advice Dr Julyan, the anaesthetist or the nursing staff give you — their instructions always take precedence. Every patient, condition and recovery is different, and individual results vary. This is not a substitute for professional medical advice. In an emergency, phone **10177** (ambulance) or **112** from a mobile, or go to your nearest hospital casualty/emergency unit.

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