



PATIENT INFORMATION

Your First Consultation

Your first appointment is an **assessment** — a chance for Dr Julyan to find out what is causing your problem and to talk through your options. Importantly, **seeing the surgeon does not mean you will need an operation**. Many shoulder, elbow, wrist and hand problems are treated very successfully without surgery. The focus is on the best care for you.

1 What to bring

- Your ID and **medical aid (scheme) card**.
- Your referral letter, if you have one, and any authorisation or reference number.
- Any previous X-rays, ultrasound, CT or MRI scans **and** their reports — bring the actual images on disc, USB or a link, not just the report.
- A list of your current medication, supplements and allergies (please mention blood thinners such as aspirin, warfarin or clopidogrel).
- A short note of your symptoms: when they started, what makes them better or worse, and how they affect your work and sleep.
- Your questions — and a family member or friend if you would like one with you.

2 What happens at the visit

- Dr Julyan will ask about your problem and your general health.
- He will examine the affected shoulder, elbow, wrist or hand — checking movement, strength and nerve function.
- X-rays or a scan may be arranged if they are needed.
- He will explain the diagnosis and your options in plain language.

3 A visit does not mean surgery

- Non-surgical care is usually tried first: activity changes, medication, physiotherapy or hand therapy, splints, or an injection.
- If surgery is the best option for you, you will discuss **exactly why**, what it involves, the benefits and risks, and the recovery — before any decision is made.

4 Costs and your medical scheme

- Specialist fees may differ from your scheme's rate — please ask the rooms about any possible co-payment.
- Planned procedures and hospital or day-case admissions usually need **pre-authorisation** from your medical scheme. The rooms will give you the procedure and diagnosis (ICD-10) codes to arrange it.
- Authorisation confirms cover but is **not a guarantee of full payment**. It is worth checking your cover for implants and for physiotherapy with your scheme.

Getting to us: the rooms are in Suite 6, Netcare Pretoria East Hospital, Moreletapark. For urgent injuries outside office hours, go to your nearest casualty/emergency unit; for a life-threatening emergency phone 10177 or 112.

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. © Dr Anton Julyan Orthopaedic Surgeon Inc. Draft for clinical review.