



Orthopedic surgery in Thailand: your checklist

For knee, hip, shoulder, spine and fracture surgery when you are recovering on your own. Your surgeon's instructions come first.

Emergency: call **1669** (say "English"). Bumrungrad: **1378** (Thai SIM) / **+66 2011 5222**. Bangkok Hospital: **1719** (Thai mobile) / **+66 2310 3000**. Tourist Police: **1155**.

Before you fly

- ☐ Written quote: implant, nights in hospital, medicines, physio, follow-up and complications
- ☐ Visa that covers your whole recovery, not just surgery day (ask Thai Kru)
- ☐ Recovery base near the hospital: lift, walk-in shower, armchair with arms
- ☐ Flexible or changeable return flight
- ☐ Insurance checked: is elective surgery abroad covered? Inpatient and outpatient?

Before surgery

- ☐ Clear path from bed to toilet, loose mats removed, night lights in place
- ☐ Daily items moved to between waist and shoulder height
- ☐ Supplies: walker or crutches, shower chair, toilet frame, grabber, grip shoes
- ☐ Water, fruit and easy breakfasts stocked; Grab or LINE MAN set up
- ☐ Caregiver or friend booked for discharge day and the first nights

Discharge day

- ☐ Medicine list in English: names, doses, times, days of supply
- ☐ Next appointment confirmed: date, time and clinic written down
- ☐ Movement rules: weight-bearing, positions to avoid, bed/car/shower transfers
- ☐ Exercise and transfer video filmed with the physio
- ☐ Medical summary, receipts and insurance claim forms collected
- ☐ Night contact number: who to call if there is a problem

Call 1669 now: short of breath or chest pain; a fall you cannot get up from, or a head knock; hard to wake or newly confused; after spine surgery, new leg weakness or numbness, or loss of bladder or bowel control.

Call your surgeon today: one calf or thigh painful, swollen or red; wound hot, red, oozing or smelly; fever; pain getting worse; missed or doubled dose; dizzy on standing.

First night

- ☐ Car with room for your leg booked to your recovery base
- ☐ Medicines set out from the NEW list; phone and charger by the bed
- ☐ First walk to the bathroom done with someone present
- ☐ Unsteady on that walk? Do not spend the night alone
- ☐ Your address in Thai written next to the phone, for 1669

First 72 hours (every day)

- ☐ Medicines on time, especially blood thinners; each dose written down
- ☐ Exercises from your video, little and often; short walks
- ☐ Leg raised when resting (knee: no pillow under the knee); wound dry and covered
- ☐ Plenty of water
- ☐ Warning signs checked morning and evening (see box)

Weeks 1 to 6, and flying home

- ☐ Stitches or clips removed, usually around day 10-14
- ☐ Compression stockings and daily walking, as instructed; no driving
- ☐ Home physiotherapy sessions arranged if your surgeon recommends them
- ☐ Follow-up: medical report, further medicine, date you may fly
- ☐ Fit for Travel certificate timed to your flight (Bumrungrad: valid 7 days)
- ☐ Medicines in hand luggage; walk and flex your feet every 30 minutes on board

My address in Thai (for 1669):

ต้องการรถพยาบาล ผม/ฉันเพิ่งผ่าตัด _____
ที่อยู่คือ _____