



Surgery in Thailand: your checklist

From choosing a hospital to flying home. Your surgeon's advice comes first.

Emergency: call **1669** (free, 24 h). Also save your hospital's 24-hour number: _____ Tourist Police: **1155**.

1. Choose hospital and surgeon

- ☐ JCI and/or Thai HA accreditation checked on the official registers
- ☐ Surgeon's licence checked: checkmd.tmc.or.th
- ☐ International department emailed the 8 questions
- ☐ Consultation booked a few days before surgery

2. Money

- ☐ Written itemised quote in THB: implant, tests, nights, medicines, physio, follow-ups
- ☐ Asked: is this package price open to fly-in patients?
- ☐ Deposit amount and due date known; bank told, card limit checked
- ☐ Insurer: planned surgery abroad covered? Direct billing?

3. Before you fly

- ☐ Visa covers the whole recovery (ask Thai Kru)
- ☐ Recovery base < 15 min from hospital: lift, walk-in shower, armchair
- ☐ Flexible return flight
- ☐ Folder: passport copy, quote, insurance letter, medicine list
- ☐ Helper booked for discharge day and first nights

Call 1669 now: breathless or chest pain; fainting, very drowsy or confused; heavy bleeding; fall with head injury.

Call your surgeon today: fever over 38°C; red, hot or oozing wound; pain getting worse; one calf swollen or painful; vomiting or swollen stomach; missed or doubled doses.

4. Discharge day

- ☐ Medicine list in English: names, doses, times, days of supply
- ☐ Next appointment: date, time, clinic on paper
- ☐ When to shower, lift, drive and fly: written down
- ☐ Nurse/physio instructions filmed
- ☐ Medical summary, receipts, claim forms; 24-h hospital number

5. Every day at home

- ☐ Medicines on time; each dose written down
- ☐ Short walks every 1-2 hours while awake
- ☐ Wound, temperature and calves checked morning and evening
- ☐ Water, protein, fruit and vegetables; no alcohol on painkillers

6. Flying home

- ☐ Surgeon has cleared you to fly
- ☐ Fit for Travel certificate timed to the flight + medical summary
- ☐ Wheelchair / aisle or legroom seat booked
- ☐ Medicines in hand luggage; walk and flex feet every 30 min

My address in Thai (for 1669):

ต้องการรถพยาบาล ผม/ฉันเพิ่งผ่าตัด
ที่อยู่คือ _____