

International Patient Surgery Checklist Before Flying to Indore

For patients planning knee replacement, hip replacement, arthroscopy, spine endoscopy, fracture care, or orthopedic rehabilitation in India with AKJC.

AKJC International Patient Desk

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Medical reports to share before travel

- ☐ Latest X-rays, MRI/CT scan reports, and blood test reports if available
- ☐ Current diagnosis, previous prescriptions, and pain/medicine history
- ☐ Details of diabetes, blood pressure, heart disease, kidney disease, asthma, allergies, or blood-thinner medicines
- ☐ Previous surgery records, implant details, discharge summaries, and infection history if relevant

Travel planning before flying to Indore

- ☐ Confirm consultation date, likely surgery date, and expected hospital stay before booking flights
- ☐ Keep passport, visa, insurance/TPA documents, and identity proof ready for hospital admission
- ☐ Plan one attendant/family member if major joint replacement or spine surgery is expected
- ☐ Share arrival airport, flight time, hotel preference, and local transport needs with the care coordinator

Hospital stay and surgery preparation

- ☐ Carry comfortable front-open clothing, walking shoes, regular medicines, and spectacles/hearing aids if used
- ☐ Ask about room category, attendant stay, diet requirements, physiotherapy timing, and approximate stay duration
- ☐ Confirm fasting instructions, anesthesia review, implant plan, and payment process before admission
- ☐ Keep digital and printed copies of reports in one folder for faster admission and consultation

Recovery and return travel

☐ Discuss walking milestones, physiotherapy plan, wound care, medicines, and warning signs before discharge

☐ Confirm when it is safe to fly back depending on surgery, swelling, wound status, and doctor assessment

☐ Keep follow-up schedule, video-consultation plan, and emergency contact details before leaving India

☐ Carry compression stockings, travel pillow, medicines, and discharge summary during return travel if advised

Note: This checklist is for travel and preparation support only. Final medical instructions depend on diagnosis, medical fitness, anesthesia review, surgery type, and surgeon assessment.