

A few useful things to put on paper

Planning treatment away from home involves more than choosing an operation. Use these sheets to keep the records, costs, recovery plan and practical arrangements together.

This pack contains five blank sheets: records and an operation timeline, the trip budget, discharge handover and physiotherapy update, urgent-care contacts, and accommodation access. Complete the relevant parts with your care team. Your own clinical instructions and written estimate guide the plan.

Records for a useful first review

You can bring or share copies you already have. Tell the team what is missing so they can help identify what needs to be obtained. A missing implant sticker should not prevent the first discussion.

History and current problem

☐ A short account of the symptoms, affected side and main treatment goal

☐ Current medicines, allergies and important medical conditions

☐ Relevant clinic letters and previous treatment

☐ Recent imaging reports and the complete original images where requested

If there has been an earlier operation

☐ Operation notes and discharge summaries, if available

☐ Implant card, stickers or exact implant details, if available

☐ Earlier and recent X-rays for comparison

☐ Relevant infection tests, culture results and antibiotic history

A short operation and symptom timeline

Use approximate dates if the exact day is unknown. Include a later infection, fall, dislocation or another operation where relevant.

Date or year	Operation or event	Hospital / record available

Records still missing and who will help obtain them

Use the transfer method agreed with the team. Keep required passwords and access restrictions in place, and confirm that the intended reviewer can open the files. Do not post medical records publicly.

Related guides: [The first overseas review](#)

The complete treatment-trip budget

Use one currency throughout. Add your actual written quote and travel arrangements. This calculator does not provide a treatment quotation or predict complication costs.

Currency for every amount

USD

▼

Changing this label does not convert the amounts. Use one currency and record any exchange rate and date in your notes.

Confirmed costs

Written hospital estimate

Booked travel

Confirmed accommodation

Other confirmed costs

Expected additional costs

Planned rehabilitation outside admission

Meals and local transport

Expected additional accommodation or reviews

Other expected costs

Contingency reserve

Funds available if the agreed plan changes

Expected treatment-trip budget

Enter your amounts

Confirmed costs + expected additional costs

Funds to have available

Enter your amounts

Expected treatment-trip budget + contingency reserve

Illustration only: confirmed costs of USD 4,000 plus expected additional costs of USD 1,000 give an expected budget of USD 5,000. A separate USD 1,000 reserve means USD 6,000 available. These are fictional example figures, not a package price or a recommended reserve.

Items still to be quoted, exclusions or possible changes to discuss

Related guides: [The true cost of surgery abroad](#)

Going home with a clear handover

Complete this with the treating team before departure. It records your individual instructions; it does not supply a standard exercise programme, medicine dose or travel-clearance date.

Operation, side and date

Implant details and where the labels are kept

Permitted weight-bearing, brace and movement restrictions

Wound plan and who will examine it

Medicines and clot-prevention instructions: attach the prescription

Planned review and travel reassessment

Local clinician and physiotherapist: accepted handover and appointments

Operating team routine contact and agreed response arrangements

Documents to leave with

- | | |
|---|--|
| ☐ Discharge summary and operation note | ☐ Implant record where relevant |
| ☐ Relevant imaging and investigation results | ☐ Medicine list, wound plan and rehabilitation instructions |

A short physiotherapy progress update

The therapist can record the measurement or test used, rather than a result without context.

Date, swelling, pain and walking aid

Extension and flexion: measurement and method

Current restrictions and completed tests

Current goal, progress and next review

Planned video review supports the handover. A new or urgent problem still needs local hands-on assessment. Use the getting-help sheet for the agreed contacts.

Related guides: [Planned follow-up](#)

Know where to get help

Keep this with the discharge instructions. Use local services for urgent assessment wherever you are. A message to the operating team is useful for sharing information, but should not delay care.

Seek emergency help now

- Sudden difficulty breathing, chest pain or collapse, particularly with leg pain or swelling.^[1]
- Sudden severe limb pain, or a newly cold or pale foot, or new marked weakness or loss of sensation. Do not wait for several symptoms to appear.^[3]
- After hip replacement, sudden severe hip pain with inability to put weight through the leg, even if it does not look deformed.^[6]
- Coughing up more than a few spots or streaks of blood, or blood with difficulty breathing, a very fast heartbeat, or chest or upper-back pain.^[5]
- A visibly deformed limb or a severe injury with an open wound.^[4]

Call local emergency services or go to the nearest emergency department. Do not wait for a remote reply or drive yourself when seriously unwell.

Arrange local assessment today

New one-sided calf or leg pain and swelling, fever or shivering after surgery, wound discharge, or redness and pain that are increasing need prompt local clinical assessment. A few small spots, flecks or streaks of coughed-up blood also need urgent assessment today. More blood or any accompanying emergency symptoms belong in the action above.^{[1][2][5]}

Use the agreed routine review

For non-urgent progress updates and questions about the plan, use the arranged appointment or routine contact. If symptoms change or you are unsure how urgent they are, seek local clinical advice.

Local emergency number and nearest emergency department

Local clinician / wound-review contact

Operating team routine contact

Companion contact and where the medicine list is kept

Supporting English patient guidance, checked 24 October 2026:

1. NHS: [DVT and pulmonary embolism](#).
2. NHS: [Complications after knee replacement](#).
3. Society for Vascular Surgery: [Acute limb ischemia](#).
4. NHS: [Broken leg](#).
5. NHS: [Coughing up blood](#).
6. South West London Elective Orthopaedic Centre: [Total hip replacement booklet](#), p. 34.

Check the room, not just the distance

Use current photographs or a direct check of the exact room and route. Describe your expected walking aid and restrictions. This checklist does not certify a property as accessible or endorse a hotel.

The full vehicle-to-room route

- ☐ Vehicle drop-off and pickup are easy to reach
- ☐ Steps, thresholds, slopes and uneven surfaces have been checked
- ☐ A suitable lift is available if needed, including any steps before the lift
- ☐ Doorways and corridors fit the expected walking aid

Bathroom and bedroom

- ☐ Toilet and bathing arrangements suit the instructions from the clinical team
- ☐ The floor, lighting and route to the toilet allow safe movement
- ☐ Bed and chair height allow the advised transfers
- ☐ There is room for the companion and prescribed exercises

Practical arrangements

- ☐ Usual hospital travel time and pickup point are known
- ☐ Transport can be arranged for reviews and urgent problems
- ☐ Meals, medicines and any storage needs are covered
- ☐ Extension and cancellation terms are recorded in writing

Property and exact room category; date and method of access check

Changes needed, who will confirm them and remaining questions