

Sahi Surgeon Kaise Choose **Karein**

Training, procedure volume, facility aur second opinion – surgery se pehle yeh dekhna zaroori hai

Agar aapko ya aapke kisi apne ko orthopaedic surgery ka suggestion mila hai, toh sabse pehla aur sabse important decision surgery ka type nahi – surgeon ka choice hota hai. Yeh guide un sawaalon ko simple tareeke se samjhaata hai jo surgery se pehle poochne chahiye – training se lekar complications tak.

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■ **Yeh Decision Itna Important Kyun Hai**

Jab bhi koi orthopaedic problem – knee, hip, shoulder, spine, ya fracture – surgery tak pahunchti hai, tab surgeon ka choice sabse bada decision ban jaata hai. Aapka surgeon hi decide karta hai approach kya hoga, risk kaise manage hoga, aur recovery kaise guide hogi. Thoda time nikal ke sahi sawaal poochna koi rudeness nahi hai – yeh aapka right hai, aur ek achha doctor isse kabhi bura nahi maanega.

■ **Training Aur Fellowship Dekhiye**

MS Orthopaedics ek base degree hai. Uske baad kai surgeons specific areas mein fellowship training lete hain – jaise Sports Medicine, Trauma, ya Joint Replacement – jisse us field mein deeper, focused exposure milta hai. Aap seedha pooch sakte hain ki surgeon ki fellowship training kis area mein, kahan aur kitne time ke liye hui thi. Yeh information clinic ki website ya reception se bhi easily mil jaati hai.

■ **Is Specific Procedure Mein Unka Experience**

Har surgeon har procedure regularly nahi karta – orthopaedics mein bhi sub-specialisation hoti hai. Jo surgery aapko suggest ki gayi hai, us specific procedure mein surgeon ka regular hands-on experience poochna bilkul reasonable hai. Directly poochiye: "Aap yeh procedure kitni baar karte hain?" Yeh sawaal comfort ke saath poocha ja sakta hai, aur jawaab clearly diya jaana chahiye.

■ **Facility Aur Team Bhi Utني Hi Important**

Surgery sirf ek surgeon akela nahi karta – poori team involved hoti hai: anesthesia, OT setup, nursing, aur post-op care. Emergency backup ready hai ya nahi, yeh bhi dekhna zaroori hai. Facility ke baare mein staff se pooch sakte hain, ya khud visit karke dekh sakte hain ki setup kaisa hai.

- Anesthesia aur OT team ka setup kaisa hai
- Post-op nursing aur monitoring ka arrangement
- Emergency ya ICU backup available hai ya nahi

■ **Complications Kaise Handle Hoti Hain**

Kisi bhi surgery mein complication ka chance zero nahi hota – yeh medicine ki reality hai, kisi bhi surgeon ke saath ho sakta hai. Jo baat asal mein matter karti hai woh yeh hai ki agar kuch unexpected ho, toh team kaise respond karti hai. Poochiye ki after-hours emergency ke liye kya protocol hai, follow-up visits kaise schedule hote hain, aur agar complication aaye toh kaun directly manage karega.

■ **Second Opinion Aur Sawaal Welcome Karna — Yeh Achha Sign Hai**

Ek confident, experienced surgeon kabhi second opinion se insecure nahi hota. Apni surgery se pehle doosre doctor se opinion lena bilkul normal aur healthy practice hai. Jo surgeon aapke sawaalon ko patiently sunta hai, reports share karta hai, aur second opinion ko encourage karta hai – woh generally trustworthy approach dikhata hai. Iske against, agar koi rush kare, sawaal poochne pe uncomfortable ho jaaye, ya second opinion discourage kare – toh thoda ruk ke soch lijiye.

Second opinion maangna kisi bhi doctor ke against nahi hota – yeh aapki apni body ke liye ek responsible step hai.

■ **Online Consultation Ka Role — Ek Zaroori Clarification**

Aajkal initial guidance ke liye online consultation kaafi convenient hota hai – reports discuss karne, doubts clear karne, ya next steps samajhne ke liye. Lekin yeh physical examination ka substitute nahi hai. Diagnosis aur surgical planning ke liye in-person examination zaroori hota hai. Aur agar severe pain, swelling, numbness, ya koi bhi acute symptom ho – turant nearest hospital jaayein, online consultation ka wait mat kariye.

Turant doctor se milein agar —

- Doctor jo sawaal poochne pe irritate ho jaaye ya time na de
- Second opinion lene ya records share karne se discourage kare
- Guaranteed outcome ya "100% safe", "no risk" jaisi baat kare
- Bina proper examination ya reports dekhe surgery finalize kar de
- Emergency ya after-hours contact ka koi clear protocol na bataye

Apne surgeon se ye poochhein

1. Aapki fellowship training kis area mein aur kahan hui thi?
2. Yeh specific procedure (jo mujhe chahiye) aap kitni baar karte hain?
3. Surgery kis hospital/facility mein hogi, aur wahan emergency backup kaisa hai?
4. Agar koi complication ho jaaye, toh aftercare aur follow-up kaise handle hota hai?
5. Kya main apne reports lekar doosre doctor se second opinion le sakta/sakti hoon?
6. Mere case mein non-surgical options kya hain, aur surgery kab zaroori ban jaati hai?
7. Recovery aur rehab ka rough process kaisa rahega?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Yeh guide sirf general patient education ke liye hai – kisi bhi individual case ka diagnosis ya treatment recommend nahi karta. Har patient ki condition alag hoti hai, isliye apni surgery se related decisions ke liye hamesha ek qualified orthopaedic surgeon se in-person consult kariye. Online/teleconsultation sirf guidance ke liye hai, physical examination ka substitute nahi – agar severe pain, swelling, numbness ya koi bhi acute symptom ho, turant nearest hospital jaayein. – Dr Aman Khanna, MS Orthopaedics (Gujarat Medical Council Reg. No. G-30260), Fellowship trained in Sports Medicine (Lyon, France; Mumbai) and Trauma (Ganga Hospital, Coimbatore). Clinics: Prish Hospital, Vesu (12-2pm) and Mahavir Hospital, Athwa Gate (4-6pm). DM: 89808 22922.

Online consultation sirf guidance ke liye hai aur physical examination ka poora substitute nahi hai – emergency ya severe symptoms mein turant nearest hospital jayein.

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Sources – Telemedicine Practice Guidelines, Board of Governors/MoHFW, India, 2020 · Telemedicine practice guidelines in India: Global implications in the wake of the COVID-19 pandemic - PMC (PMC9111269) · Telemedicine practice guidelines of India, 2020 - PubMed (34083829)