



Your surgical journey with Mr. Bitar

Whether you're preparing for a straightforward procedure or something more complex, it's natural to feel a little uncertain. My goal is to ensure you feel informed, confident, and supported—every step of the way.

Your Initial Consultation

We'll begin with a detailed discussion about your symptoms and how they affect your life. I'll explain your diagnosis and outline the treatment options available, including whether surgery is appropriate.

You'll have the opportunity to ask questions and decide what's right for you, at your own pace.

Deciding and giving your consent

If surgery is the right option, I'll walk you through exactly what to expect—from the procedure itself to the potential benefits and risks.

You'll only be asked to give consent once you feel completely comfortable and informed.

Pre-Operative Assessment

Before surgery, you'll have a check-up (often called a pre-assessment) to confirm you're fit for the procedure. This might include:

- Blood tests
- ECG (heart tracing)
- A review of your medications

You'll also receive clear instructions on how to prepare—such as fasting times or which medications to pause.

The Day of Surgery

You'll meet me and the anesthetic team on the day of procedure. I'll answer any final questions and ensure you're relaxed and ready.

Your procedure will be carried out in a safe, monitored environment by myself.

Recovery in Hospital

After surgery, you'll be closely monitored by the nursing team and physiotherapists. I'll check on your recovery personally.

Depending on the procedure, you may start moving the same day with help from our physiotherapy team.

Discharge and Recovery at Home

When you're ready, you'll go home with:

- A personalised recovery plan
- Instructions on caring for your wound
- Pain relief
- Contact details in case you need support

You may also be given walking aids or physiotherapy exercises to continue at home.

Follow-Up and Long-Term Results

You'll return to clinic for a follow-up appointment to assess your recovery and progress.

I'll guide you through returning to your normal activities—whether that means work, sports, or simply feeling like yourself again.

You are in safe hands

You're never alone in this process. I'm here to guide you from your first appointment to full recovery.

If you have questions at any stage, please don't hesitate to get in touch.

Further Information on the Procedure You Are Having

For detailed information on your procedure or injection, please refer to the relevant leaflet below. Click the links to access full details on our website:

- [Hip Replacement](#)
- [Knee Replacement](#)
- [Birmingham Hip Resurfacing](#)
- [Knee Arthroscopy](#)
- [Sacroiliac Joint Injection](#)
- [Hip Injection](#)