

Prepare your questions. Make your doubts clear.

Write your questions on a piece of paper.

What is not clear to you? What aspects of your problem need to be better defined? Are there things you would like to know but are afraid to ask? Is there information you or your loved ones need? Are there any aspects you would like to focus on, to calm down or have reassurance? If you have any doubts or new questions in the days following the visit, how can you get an answer?

Why did you seek the advice of a Surgeon? Why exactly that Surgeon? If you're looking for a second opinion, don't be afraid to say it clearly: getting a second opinion is your right, and the Surgeon should know it.

Go back home with a project rather than a solution.

Be wary of ready-made solutions, most of the time it is not possible to give an immediate answer to your problem.

If the Surgeon has been able to put the elements of your story in order, adding more pieces to it through his targeted questions, visiting you and maybe performing an ultrasonography, you could have your solution immediately. However, if some elements are still missing, it is better to honestly postpone the solution, building a project for diagnosis (suggesting further investigation) and treatment (possible alternatives of treatment). When you return home at the end of the visit, try to bring with you the awareness of what has been understood about your problem, what is not yet known and what will be done to fully understand and solve it.

Dr. Marco Lotti - lottimarco.eu

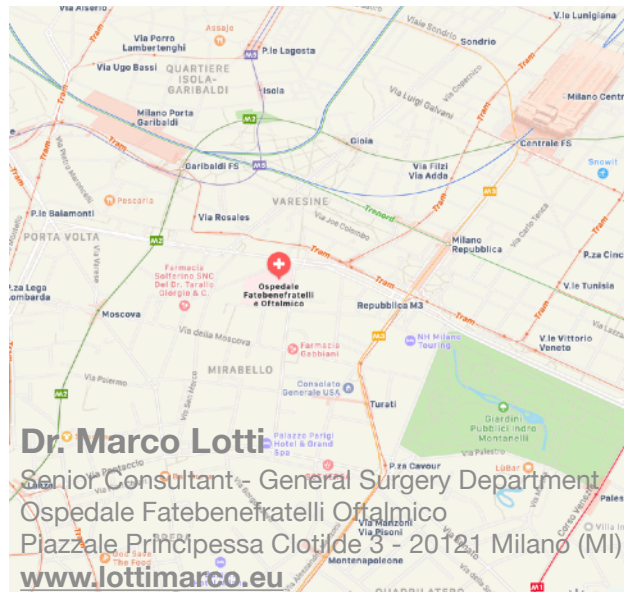
Who I am

I am a Surgeon with more than 25 years of experience in General Surgery, Laparoscopic and Minimally Invasive Surgery, Advanced Surgical Oncology and Emergency and Trauma Surgery. I worked as a tutor for Residents in General Surgery and in Master Courses in Laparoscopic Surgery. I am the author of several didactic works, innovative techniques of Laparoscopic Surgery and reviewer for several scientific journals.

Why this brochure?

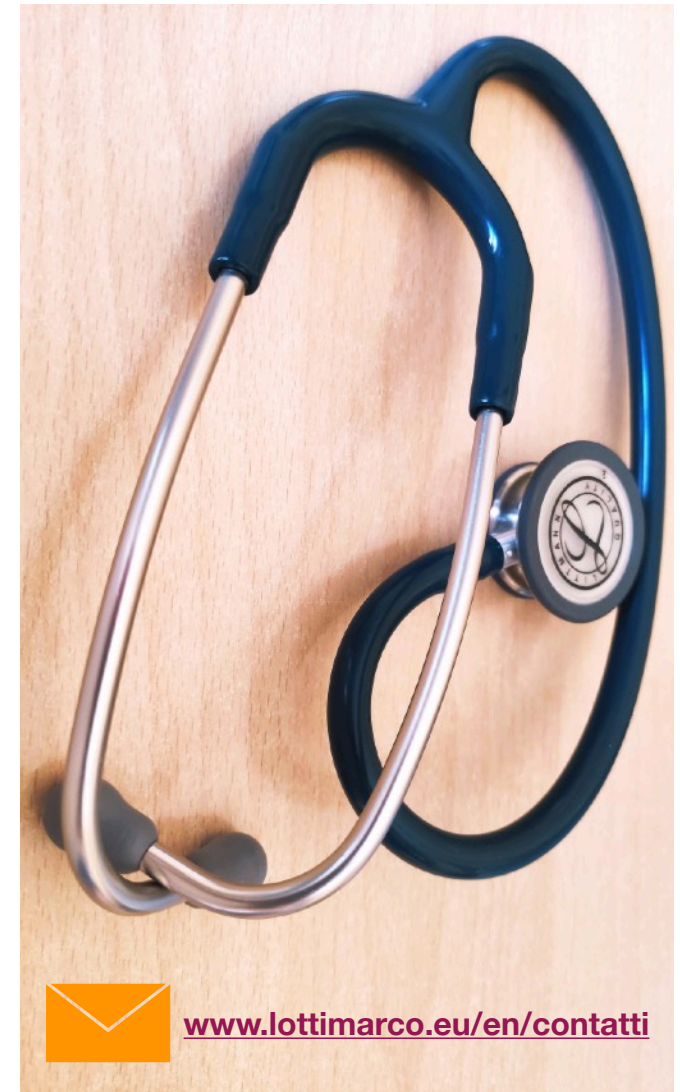


These are the tips I usually give to people who rely on me for surgery. They represent my personal vision, they are not general guidelines. This brochure is freely downloadable and distributable under a Creative Commons license: if you use it, even if only partially, remember to mention the source and the Author.



Prepare for your Surgery Consultation

To leave the consultation with your Surgeon satisfied, you need to prepare. Here's how to do it.



To get the right answers, you need to ask the right questions. Focus on your questions, rather than seeking answers. Do not let others ask for you.



Do I know my ailments or do I focus only on the diagnosis?

Don't waste time worrying about the diagnosis. Be concerned about reconsidering your symptoms and being able to describe them.

What has changed in my habits?

Often the importance of symptoms is better understood by thinking about how they have changed our habits. Did you have to change your everyday life?

When did your symptoms appear?

Placing your symptoms in time is very important. Try to remember when your symptoms first appeared and in what sequence they appeared. Had this happened before?

Have you already had tests or treatments?

Collect and carry with you all the documentation about to the exams you have already done, the treatments you have received, any allergies, any previous surgery.



Reorder the information. Tell your story.

When did you start having symptoms? What did they consist of? When did you start thinking things were getting worse? With what timeline did the symptoms appear? Telling a story well means placing events in time and knowing how to describe them. Put your memories in order and tell them.

If you have already done some exams or assessments, collect the documentation and put it in the right chronological order. If you can, do a summary with your Doctor. Bring the X-ray images and CDs with you.



Focus on the problems.

What are you really worried about? What disease do you fear you have? What do you think you have to face in your future because of your symptoms? Are you afraid of having something serious?

Before your visit, you will almost certainly have spent a lot of time on the internet looking for stories, finding plenty of conversations and Specialists with the most diverse answers. You will have found terrible diagnoses, seen videos of frightening operations and found alternative therapies. All of this is unlikely to have helped you understand. You will probably have the most confused ideas. It is time to stop looking for answers and rethink your questions.