

NEWS

SUMMER AILMENT MANUAL

Bruises, sprained ankles, summer colds – all are part of a wonderful summer, which is underway. Our doctors have prepared some tips for you.

BUMPS AND BRUISES

Though generally mild, they do cause discomfort. The area should be washed out as soon as possible with lukewarm water and then disinfected (e.g. Hydrogen peroxide). If there is repeated contact with an unclean environment, then it is better to cover the wound with sterile gauze or sterile pad. However, if the wound is in a "safe" location with no threat of dirt or foreign object entry, it actually heals better and quicker with no covering, according to the results of most-recent studies. With deeper and more extensive abrasions, you can prevent the formation of unsightly permanent scars by lubricating the skin and gently massaging it. Freshly healed skin should not be exposed to the sun for some time – this could lead to hyperpigmentation of the scar.



SUMMER COLDS

It seems paradoxical, but even in the warmer months of the year, you can catch a cold. Causes of cold include sudden changes of temperature during the switching from the hot beaches and city streets into air-conditioned spaces, especially after tanning in the sun. This leads not only to dehydration, but also to a "fever".

The best prevention is fluid intake through the day and trying to keep your body temperature constant. For fevers, best medicines are acetaminophen, ibuprofen, and for sunburn the best is aspirin.



Our contacts

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ACHES AND (ANKLE) SPRAINS

Many people believe that it's enough to bandage the ankle or joint in question. However, here it's better to see your doctor. When you incur a sprain, the joint's surfaces separate and the surrounding ligaments get stretched out. Although bones will usually return to their original axis, the soft tissue gets variously effected and can also bleed, which determines the proper treatment. Basic tactics include fixation of the joint, ice packs to reduce swelling, and elevation to reduce load. A week may not be enough, the doctor may advise you to prolong therapy. In more serious cases, a semi-fixation with plastic materials, special brace or a walking cast is indicated.



To guard against sprains, the best is to use stable footwear via ankle-high shoes made from solid materials. Be careful on uneven terrain with jumps, rebounds, and frequent changes of direction and speed.

INTRODUCING

DR. LUDMILA FIALOVÁ: HAND AND PLASTIC-ESTHETIC SURGERY

Dr. Fialová is the specialist in esthetic surgery – surgery of the breast, abdominoplasty and the whole body, facelift, blepharoplasty or frontlift combines with application of botulotoxin and fillers. She is handsurgeon too - she specializes in muscles diseases, bone strain and compression syndromes such as carpal tunnel syndrome. She also specializes in the surgical treatment of bone injuries, tendons and nerves of the upper extremities, remedial surgery of congenital defects of the hand and in surgery for cerebral palsy.

During her long career in the renowned Institute of hand surgery and plastic surgery in Vysoké Jizero and the Prague Vinohrady and Motol Faculty Hospitals, she has of patients for whom remedial hand surgery was a cure to normal daily life.

Dr Fialová is also a member of the team of Physicians Specializing in Treatment for Musicians at the Polyclinic at Národní. Musicians frequent suffer from hand injuries and overuse syndromes which are very amenable to specialized surgery.



GUIDES TO YOUR PRE-OPERATIVE EXAMINATION

Are you preparing for surgery? If so, you will need a pre-op exam, which is a series of tests needed to make sure that surgery can go ahead as planned. You can have your pre-op testing done in the comfort of our clinic 7 to 10 days before surgery. Here is what it will consist of:

- interview covering your medical history
- physical examination
- basic blood tests, EKG and urine analysis if needed

No specific preparation is needed on your part! Bloodwork and urine are collected in the morning on a fasting stomach. We will be happy to answer any and all questions you may have

We look forward to your visit!

Polyclinic at Národní, Národní 9, 110 00 Praha 1

At our clinic, no appointment is needed, just come and see us!