



dr du + toit

DR ALJ (JACQUES) DU TOIT ORTHOPAEDIC SURGEON

MBChB, MMed Orth, FC Orth (SA)

MP Nr: 0679500 | PR Nr: 0280000678856

VERY IMPORTANT INFORMATION

Follow-up appointments:

- Please remember to contact Dr. Du Toit's rooms to schedule or confirm your appointment on:

- The contact numbers for an appointment are: **(011) 880 4901 / (011) 328 0792 (Rosebank - Internal) / 011 709 2030 (Sandton – Internal) / 071 563 6092**, or alternatively you can send an e-mail to: **reception.rosebank@gmail.com**
- **The Sandton** rooms are located on the first floor of the Main Building, Suite 22 at Mediclinic Sandton Hospital, 1 Peter Place, Bryanston.
- **The Rosebank** rooms are located on the ground floor at 11 Sturdee Avenue in the Medical & Dental Centre, Suite 1, opposite the Hospital at the Main Hospital Parking.
- **The Birchmed** rooms are located at Birchmed Day Clinic, 8 Tiger Road, Birchleigh, Kempton Park.
- Should you require emergency assistance please visit/contact your local emergency department:
 - **Sandton Mediclinic Hospital (Dr du Toit speeddial 6617)**
 - **Netcare Rosebank Hospital (Dr du Toit speeddial 5972)**
 - **Netcare Linksfield Hospital (Dr du Toit speeddial 50532)**

Woundcare:

- Please note which one of the following is relevant to you:
 - You have **absorbable sutures** and they will therefore dissolve on their own
 - You have **non-absorbable sutures / metal skin clips** which will need to be removed at your follow-up appointment
- Keep your wound covered with the **original** wound dressing which was placed in hospital. If it does accidentally come off you may clean it with any disinfectant and replace it with a similar dressing.
- Make sure the plaster area stays **clean** and **dry** and cover it while taking a bath/shower.
- Should your injured limb become very swollen and the pain increase suddenly despite good rest, elevation and adequate usage of pain medication, please contact Dr. du Toit or visit your nearest Hospital's casualty/emergency unit.
- Wounds that persistently leak or bleed after 3 days should be reported to Dr. du Toit.
- Please **do not remove your plaster cast or splint**.
- Please note which one of the following is relevant to you:
 - It is important that you **do not bear weight** on the injured/operated limb.
 - You **may bear weight** on the injured/operated limb with the aid of assistive devices as specifically instructed/shown by the physiotherapist after your procedure.

Rehabilitation:

- If the physiotherapist was consulted during your hospital stay, remember to continue the precautions and home exercises as prescribed and to **schedule a follow up appointment with them as well**.

Netcare Rosebank Hospital

Suite 1, Ground Floor, Medical & Dental Centre
11 Sturdee Ave, Rosebank
Tel (011) 880 4901 / (011) 328 0792
E: draljdutoit@gmail.com

Netcare Linksfield Hospital

24 - 12th Avenue
Linksfield West
Tel (011) 880 4901
E: draljdutoit@gmail.com

Birchmed Day Clinic

8 Tiger Street, Birchleigh
Kempton Park
Tel (011) 880 4901
E: draljdutoit@gmail.com

Mediclinic Sandton Hospital

Suite 22, Main Building,
1 Peter Place, Bryanston, Sandton
Tel (011) 880 4901 / (011) 709 2030
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