

Surgery at Auxologico Capitanio — Information for Patients Living Far from Milan

YOUR SURGERY IN MILAN, EVEN IF YOU LIVE FAR AWAY

Do you live outside Milan, in another Italian region, or abroad and wish to undergo surgery with the surgical team at **Auxologico Capitanio IRCCS**?

Our General Surgery team supports you throughout every stage of care. We provide an organised, personalised pathway designed to minimise unnecessary travel, simplify pre-operative preparation and ensure continuity of care before and after your hospital stay.

At Auxologico Capitanio Hospital, located at **Via Mercalli 30 in central Milan**, patients have access to a university-based surgical team, dedicated facilities and tailored clinical pathways focused on safety, expertise and individual needs.

Surgical expertise at Auxologico

The General Surgery Unit at Auxologico Capitanio provides specialist assessment, surgical treatment and follow-up care for a broad range of conditions, with particular expertise in:

- **Endocrine surgery**, including thyroid and parathyroid surgery for thyroid nodules, goitre, hyperparathyroidism and endocrine malignancies.
- **Abdominal wall surgery**, including inguinal, umbilical and incisional hernias and other abdominal-wall defects.
- **Laparoscopic and minimally invasive surgery**, when clinically appropriate, using small incisions to support recovery and reduce postoperative discomfort.
- **Colorectal surgery and proctology**, for diseases of the colon, rectum, anal region and pelvic floor.
- **Outpatient surgery**, for selected procedures performed under local anaesthesia without hospital admission.
- **Day Surgery and Surgical Day Hospital**, for procedures that may allow a safe return home on the same day.
- **Soft-tissue surgery**, for superficial lesions and conditions requiring specialist surgical evaluation and treatment.

The most appropriate surgical technique, anaesthesia plan and length of stay are determined individually, according to diagnosis, overall health, coexisting conditions and personal circumstances.

A coordinated pathway for patients travelling to Milan

For patients who live far from Milan or abroad, high-quality care means not only performing surgery well, but also coordinating every phase carefully.

Our pathway can include:

1. Initial surgical video consultation

When clinically appropriate, patients may request an online surgical consultation. Medical reports, imaging and previous test results can be reviewed in advance, allowing the surgeon to provide an initial assessment of the surgical indication and possible treatment options. Auxologico offers online surgical video consultations for patients who wish to avoid an initial in-person outpatient visit.

2. Review of medical records

The surgeon reviews the available documentation and discusses the most appropriate diagnostic and therapeutic plan with the patient. If needed, additional examinations can be identified and completed before travelling to Milan.

3. Pre-operative contact with the surgical and anaesthetic teams

Once surgery has been considered appropriate, the patient is contacted to collect relevant information about general health, current medication, allergies, previous surgery, anaesthetic history and coexisting medical conditions. This assessment helps the team plan surgery and anaesthesia safely.

4. Pre-admission assessment close to the surgical date

For patients travelling from another region or country, the pre-admission assessment may be organised, whenever clinically and operationally feasible, shortly before surgery — potentially on the day before the operation. This stage may include blood tests, ECG, anaesthetic assessment and informed consent. Pre-admission is an essential step to confirm suitability for surgery.

5. Surgery on the following day

Surgery is performed at Auxologico Capitanio in central Milan. The required length of stay depends on the operation, the surgical technique and the patient's individual clinical condition. Selected procedures may be suitable for Day Surgery or Surgical Day Hospital.

6. Discharge planned around clinical and travel needs

Discharge is organised safely and individually, taking into account postoperative recovery, travelling distance, the availability of an accompanying person, accommodation needs in Milan and the safest timing for returning home or abroad.

7. Surgical follow-up, including remote follow-up when appropriate

After discharge, continuity of care is ensured through scheduled surgical appointments and, where appropriate, remote consultations. Patients receive clear instructions regarding wound care, medication, activity, warning signs and how to contact the clinical team.

Welcome to Auxologico Capitanio, central Milan

Auxologico Capitanio is a hospital, outpatient centre, blood-testing centre and clinical-research site located at Via Mercalli 28 in central Milan.

We aim to make the experience as straightforward as possible for patients travelling from other Italian regions or from abroad through:

- coordinated appointment scheduling;
- fewer unnecessary in-person visits;
- close collaboration between surgeons, anaesthetists, nursing staff and the admissions office;
- support with hospital-admission planning;
- discharge and follow-up arrangements tailored to the patient's clinical and travel needs.

Surgical admission contacts

For information about surgical admission and treatment planning at Auxologico Capitanio:

Service	Contact
National Health Service surgical admissions	Tel. +39 02 61911 6191, Monday to Friday, 8:30 am–10:30 am
National Health Service surgical admissions	ricoveri.chirurgie@auxologico.it
Private and insured surgical admissions	Tel. +39 02 61911 6911, Monday to Friday, 10:00 am–12:00 pm and 1:00 pm–3:00 pm
Private and insured surgical admissions	ricoveriprivati.chirurgia@auxologico.it
Hospital location	Auxologico Capitanio, Via Mercalli 28/30, 20122 Milan, Italy

Each patient's pathway is individually assessed. The availability of video consultation, pre-admission assessment close to surgery, Day Surgery and remote follow-up depends on the clinical indication, required investigations, type of procedure and the evaluation of the surgical and anaesthetic teams.

Questions and answers

1. I live far from Milan. Can I have surgery at Auxologico Capitanio?

Yes. Auxologico Capitanio welcomes patients from other Italian regions and from abroad. Each patient's pathway is planned individually, with the aim of coordinating specialist assessment, pre-operative testing, admission, surgery, discharge and postoperative follow-up according to clinical and travel needs.

2. Can I have a video consultation before travelling to Milan?

When clinically appropriate, patients may request a surgical video consultation. Medical reports, blood tests, ultrasound scans, CT scans, MRI scans, discharge letters and other relevant documents can be shared in advance. The surgeon can provide an initial assessment and advise

whether additional tests are needed before travelling to Milan. Auxologico provides online booking services and video consultations for selected specialist services.

3. Is a video consultation enough to decide whether I need surgery?

A video consultation can be very useful for an initial assessment, discussion of medical records and planning of investigations. However, some patients may require an in-person examination, particularly when a physical examination, further diagnostic testing or a more detailed specialist assessment is needed. The final surgical indication is always confirmed by the treating clinical team.

4. Which documents should I prepare for the first assessment?

Please gather all available medical documentation, preferably arranged chronologically: specialist reports, laboratory results, ultrasound scans, CT scans, MRI scans, endoscopy reports, pathology and cytology reports, discharge letters, an updated list of medications, information about allergies, previous operations and relevant medical conditions.

For radiological examinations, please provide digital images whenever possible, not only the written report.

5. Which surgical specialties are available at Auxologico Capitanio?

The General Surgery team at Auxologico Capitanio works in several areas, including endocrine and thyroid surgery, abdominal wall surgery, laparoscopic and minimally invasive surgery, colorectal surgery and proctology, outpatient surgery, Day Surgery, surgical Day Hospital and soft-tissue surgery. Auxologico identifies endocrine surgery and laparoscopic surgery among its areas of specialist expertise.

6. How is the anaesthetic assessment organised?

After surgery has been planned, the patient undergoes an anaesthetic assessment. The anaesthetist reviews overall health, cardiovascular, respiratory, metabolic or neurological conditions, current medications, allergies, previous anaesthetics and any history of surgical or anaesthetic complications.

This step is essential to select the safest anaesthetic and surgical pathway and to determine whether additional examinations are needed before surgery.

7. Can pre-admission testing be performed the day before surgery?

For patients travelling from another Italian region or from abroad, pre-admission testing may be arranged as close as possible to the operation — potentially on the preceding day — when this is clinically appropriate and compatible with the required investigations and hospital organisation.

Pre-admission may include blood tests, ECG, anaesthetic assessment, further investigations and completion of informed-consent documentation. Auxologico describes pre-admission as a necessary assessment stage before surgery.

8. How long should I plan to stay in Milan?

The required stay depends on the procedure, surgical technique, admission model, individual clinical condition and travel distance. Some selected procedures may be appropriate for Day Surgery, allowing discharge on the same day, while other operations require a hospital stay of variable length.

The clinical team will provide personalised guidance on the anticipated hospital stay and the safest time to travel home.

9. Can I have my procedure as Day Surgery?

Day Surgery allows selected surgical procedures to be performed with discharge on the same day. It is not suitable for every procedure or every patient. Eligibility depends on the planned operation, type of anaesthesia, general health, comorbidities, availability of support after discharge and distance from the hospital. Auxologico defines Day Surgery as a care model allowing suitable patients to return home during the same day.

10. Can I use the Italian National Health Service, private payment or insurance coverage?

Admission at Auxologico may be arranged through the Italian National Health Service, private payment or participating insurance and healthcare funds, depending on the specific service and available coverage. Patients should confirm administrative requirements, potential insurance authorisation, required documents and timelines with the relevant admissions office.

11. Can I travel to Milan with a family member or companion?

Yes. Having a family member or companion is often particularly helpful for patients travelling from far away. A companion can provide practical support during travel and the stay in Milan and, when necessary, help after discharge. Ward-access and visiting arrangements should be checked according to the hospital's current policies.

12. How is discharge organised if I have to return to another region or country?

Discharge is planned according to postoperative clinical condition, type of surgery, pain control, ability to eat and mobilise, support needs and travel arrangements.

Before discharge, patients receive a clinical discharge letter, medication instructions, wound-care guidance, information about warning signs and details of the planned postoperative review.

13. Can postoperative surgical follow-up be organised remotely?

When clinically appropriate, selected postoperative checks may be performed through video consultation or by reviewing shared medical documentation. In other cases — particularly when a direct wound examination, removal of stitches or drains, assessment of possible complications or specific testing is necessary — an in-person appointment will be arranged.

The follow-up plan is established individually at discharge.

14. What should I do if I have symptoms or concerns after returning home?

At discharge, patients receive specific instructions concerning medications, diet, physical activity, wound care and symptoms to monitor. If fever, significant or worsening pain, bleeding, breathing difficulties, persistent vomiting, redness or discharge from the wound, or other concerning symptoms occur, patients should promptly contact the clinical team indicated in their discharge documentation or seek urgent medical care locally.

15. How can I request information or start the surgical pathway?

You may begin by requesting a surgical consultation or, when appropriate, a video consultation, and by preparing your available medical documentation. Auxologico publishes dedicated contacts for National Health Service and private or insured surgical admissions. Auxologico Capitanio is located at Via Mercalli 28/30, 20122 Milan, Italy.