



Patient Questions & Answers

For international patients considering specialized orthopedic and spine care in Germany

This guide answers common questions about Procelsio Clinic, the treatment-planning process, travel logistics, recovery, costs, and follow-up care. Individual recommendations depend on medical records, imaging, diagnosis, and consultation with the clinical team.

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Tip: Use this guide as a quick reference before scheduling a consultation. Procedure recommendations, costs, and travel timing should always be confirmed after your medical records are reviewed.

About the Clinic and Surgeons

What makes your orthopedic clinic a good choice for international patients?

Procelsio Clinic is a highly specialized orthopedic center focused exclusively on joints and the spine. That focused approach has helped make the clinic one of Germany's recognized destinations for advanced orthopedic care. Unlike many centers that focus mainly on either joint replacement or joint preservation, Procelsio offers both. This allows the team to recommend the most appropriate treatment for each patient, from minimally invasive joint-preserving options to modern joint replacement when needed.

How experienced are your surgeons with my specific procedure?

Each Procelsio specialist has 15 to 30 years of experience and focuses on a narrow set of procedures within their specialty. Most perform approximately 200 to 300 surgeries per year in their field, with thousands completed over the course of their careers. For patients, that means treatment by a surgeon who performs the same type of procedure routinely, not occasionally.

Which orthopedic procedures do you perform most often for international patients?

For international patients, the most common procedures include hip replacement, knee replacement, hip arthroscopy to preserve the natural joint, and endoscopic lumbar spine surgery. Endoscopic spine surgery is especially specialized, using a very small incision of roughly half an inch, and only a limited number of surgeons in Germany perform it at a high level of expertise.

Which spinal and cervical spine procedures do you perform most for international patients?

Procelsio treats a range of spinal and cervical spine conditions, including herniated discs, disc repair, selected nerve-related procedures, and other advanced spine surgeries. In Germany, these procedures are performed by neurosurgeons, and Procelsio's spine specialists are highly trained in their respective areas. Because procedure availability depends on diagnosis, each case should be reviewed individually before discussing travel plans.

What awards, accreditations, or recognitions has your clinic received?

Procelsio highlights several recognitions related to arthroscopy, joint surgery, and cartilage treatment. These include involvement in the development and introduction of cartilage cell transplantation for the hip, AGA certifications in arthroscopy and joint surgery, AGA-certified expertise in shoulder, hip, and knee surgery, and recognition as a leading private clinic for hip and knee disorders in Focus rankings. These distinctions help support the clinic's positioning as a specialist center for advanced orthopedic care.

Do your doctors and staff speak English or other languages?

Yes. All of Procelsio's doctors are fluent in English, which helps support consultation, treatment discussions, and follow-up communication for international patients.

Safety, Quality, and Success Rates

How safe is it to have orthopedic surgery in Germany?

Germany maintains strict medical quality and hygiene standards, and Procelsio Clinic operates within those requirements. In addition, the clinic is dedicated to specialized orthopedic and spinal care rather than a broad mix of emergency and general medical cases, which helps support a controlled, safety-focused environment for planned surgery.

What are the success rates and complication rates for my procedure at your clinic?

Over the last ten years, Procelsio Clinic reports an overall complication rate of less than 0.05%, which is lower than the average for comparable hospitals according to the clinic's Q&A; materials. Specific success expectations still depend on the procedure, your diagnosis, and your overall health, so those details should be reviewed during the consultation.

How do you manage pain and anesthesia for international patients?

Procelsio uses a multimodal approach to pain management designed to reduce discomfort while supporting early mobility after surgery. The clinic emphasizes local anesthesia strategies and supportive medications to help limit swelling, reduce hematoma risk, and minimize reliance on opioids where appropriate. Because international patients stay longer under observation, pain management can be adjusted before they return home.

Travel, Visas, and Accommodations

Can you help me organize my medical trip to Germany?

Yes. Procelsio can help coordinate the major parts of your medical trip, including scheduling, accommodation, and local logistics, while flights are arranged separately. If needed, the clinic can also suggest outside travel support for patients traveling from the United States.

Do I need a medical visa, and can you provide the documents for it?

U.S. citizens generally do not need a visa for tourist or business travel to Germany when their stay does not exceed 90 days within a 180-day period. A valid U.S. passport is required for entry. Patients should confirm current travel requirements before finalizing travel plans.

Where will I stay before and after my surgery?

International patients are provided accommodations at a hotel within walking distance of the clinic before and after surgery. This makes it easier to attend pre-operative appointments, continue recovery nearby, and stay close to the care team during the early stages of treatment.

Do you offer airport pick-up and local transportation?

Yes. Procelsio offers airport shuttle service and can assist with local transportation on request, helping make arrival and movement around Essen easier for international patients.

Can you help me find accommodation for my companion or family?

Yes. Procelsio can help arrange accommodation for a companion or family member. If hospital capacity allows, an accompanying person may also be able to stay at the clinic with the patient for part of the stay.

Is the clinic easy to reach by international flight and local transport?

Yes. The clinic is conveniently located for international travelers, with Dusseldorf Airport about 20 to 30 minutes away by car, making it the most practical airport for most arriving patients.

Pre-operative Evaluation and Planning

Can I get a second opinion from your specialists before I commit to traveling?

Yes. Before any patient travels, Procelsio reviews your records and imaging and schedules a detailed virtual consultation with the treating surgeon. This gives you a second opinion, confirms whether you are a candidate, and helps you understand your treatment options before making travel plans.

What medical records do you need from me before I travel?

Before traveling, patients should provide current imaging such as X-rays, MRI scans, or CT scans, along with lab results, prior operative reports, and relevant medical history. These materials should be available in English so the clinical team can review them efficiently.

Can I have an online consultation to confirm that I am a candidate before I book flights?

Yes. A virtual consultation is a required part of the process before any treatment is scheduled. Procelsio uses this consultation to confirm candidacy, discuss your diagnosis and options, and help determine whether travel to Germany is appropriate for your case.

How long before surgery do I need to arrive in Germany?

In most cases, patients should plan to arrive in Germany two to three days before surgery. This allows time for final evaluations, preparation, and any pre-operative appointments that need to take place on-site.

What should I do to prepare for surgery before I leave my home country?

After your records are reviewed and your consultation is completed, Procelsio provides an individualized preparation plan. Depending on your procedure, this may include pre-surgery instructions, health guidance, and a prehabilitation program to help you prepare physically before travel.

Who will be my main contact person before and during my stay?

Patients have both a US-based representative and a direct contact at the clinic in Germany for questions before and during the trip. This dual-contact structure can make communication easier across time zones and throughout treatment planning.

Hospital Stay and On-site Experience

What will my hospital stay look like?

International patients generally stay longer than local patients so that early recovery can be managed more closely before they return home. Depending on the procedure, most international stays are planned for 4 to 12 days and include pain management, mobility support, and early rehabilitation. Patients are treated in a private-clinic setting with spacious rooms and meal planning that can reflect individual preferences.

Can my companion stay with me or nearby?

Yes. Procelsio can arrange nearby hotel accommodation for a companion within walking distance of the clinic. If bed availability permits, a companion may also be able to stay at the hospital with the patient for part of the stay.

Do you offer translation or interpreter services during my stay?

We have English-speaking staff members available to support patients during their stay. If a patient has language needs beyond English, those requirements should be discussed in advance.

Will you consider my cultural and dietary preferences?

Yes, in most cases the clinic can accommodate cultural and dietary preferences. Patients should share any important or specialized requests early so the team has time to confirm availability and plan accordingly.

What happens if I need urgent care or revision surgery while I am still in Germany?

If urgent questions or issues arise while you are still in Germany, Procelsio is available 24/7. Patients also receive the mobile phone number of their treating physician for direct contact if needed.

Rehabilitation and Recovery

Where will I complete my initial rehabilitation after surgery?

Initial rehabilitation begins at Procelsio Clinic, where structured physiotherapy and recovery support are provided seven days a week. The goal is to help patients regain mobility early and leave Germany with a clear aftercare plan to continue recovery at home.

How long should I plan to stay in Germany for rehab?

The average clinic stay is about 10 days, although exact timing depends on the procedure and your recovery progress. In some cases, patients are advised to remain at the nearby hotel for a few additional days so they can continue physical therapy before flying home.

Is rehabilitation included in your package, or is it arranged separately?

Initial rehabilitation and physiotherapy are included as part of the treatment.

What kind of physical therapy and follow-up will I need once I return home?

Before returning home, patients receive a detailed aftercare plan that includes discharge information, rehabilitation protocols, and telemedicine follow-up options. These materials can be shared with a local physician or physiotherapist to support continuity of care after returning to the United States.

Can you coordinate my care with doctors and physiotherapists in my home country?

Yes. If your local doctor or physiotherapist needs additional information, Procelsio can provide supporting documentation and may also offer a virtual consultation to help coordinate follow-up care after you return home.

Timing, Costs, and Insurance

How much will my orthopedic procedure and hospital stay cost?

Pricing depends on the procedure recommended after your records are reviewed and your consultation is completed. As a general guide, typical pricing is about \$20,000 to \$25,000 for hip replacement, \$22,000 to \$28,000 for knee replacement, and \$10,000 to \$12,000 for endoscopic spine surgery. Patients receive an individualized estimate that outlines what is included before they commit to treatment.

What is included in the treatment estimate or package?

Your treatment estimate will include pre-operative testing, surgery, anesthesia, hospital stay, implants, basic medications, physiotherapy sessions, and hotel accommodation for a limited period before and after the clinic stay.

Are there extra costs I should plan for (travel, accommodation, rehab, complications)?

Extra costs to plan for include travel, meals and beverages outside the clinic, as well as any other personal expenses.

Will my U.S. insurance cover treatment at Procelsio Clinic?

Out-of-network coverage varies by insurance plan. Because Procelsio Clinic is in Germany, many patients pay for treatment directly and then contact their insurer regarding possible reimbursement. We recommend speaking with your insurance provider before making treatment decisions to understand your specific benefits and eligibility for reimbursement.

Do you accept international insurance, or is treatment self-pay only?

At this time, treatment is self-pay. Patients may later seek reimbursement from their insurer, depending on the terms of their plan and the documentation required. It is recommended that you discuss this with your insurance company before booking your procedure to determine if you qualify for reimbursement.

How do I pay for my procedure?

Due to restrictions within Germany, payment must be made in advance of treatment. To give patients extra assurance, funds are placed in escrow and released partially before the procedure, with the remaining funds released after completion of the procedure.

Travel Fitness and Return Home

When will I be fit to fly after my orthopedic procedure?

Because international patients remain under care longer than is typical in many outpatient settings, the clinic generally expects an additional week after the main hospital stay to be sufficient before flying home. Actual travel readiness depends on your procedure, mobility, and recovery progress, so final clearance should always come from your treating team.

Do you provide documentation and medication for travel?

Yes. Before discharge, patients receive detailed medical documentation, medication instructions, and guidance on movement and exercises during air travel. These instructions help support a safer trip home and continuity of care after returning to the United States.

What if I have problems or questions after I get home?

If questions or concerns come up after you return home, you can contact your designated physician at Procelsio directly by phone, reach out through the clinic's US representative, or request a virtual consultation. This provides a path for post-treatment communication even after international travel is complete.

Questions about treatment options or next steps? Call 1-800-336-9444 or email info@procelsio-clinic.com to learn more.