

Getting Ready For Your Appointment

Once you have scheduled your appointment, these tips will help you know what to expect and how to get the most out of your appointment.

Before your appointment

- Collect any outside x-rays or scans you may have had.
- Make a list of all medications you are currently taking.
- Be able to tell your doctor of any past medical problems or conditions.
- Make a list of all your concerns and questions for the doctor to ensure they are all addressed during your visit.

The day of your appointment

- Bring your current insurance card and a photo I.D.
- Bring any outside x-rays or scans
- Wear loose comfortable clothing. Depending on the location of your injury or problem area, your doctor may ask you to disrobe.

During your appointment

- Be completely honest and straightforward when talking with your doctor. Providing your doctor and their staff with all the information is extremely important. Do not hesitate to share any feelings or concerns you may be having.
- Ask your doctor questions if you do not understand something. Feel free to ask questions about the reason for your doctor's recommendation or prescription. Take notes if it will help you remember.
- Ask your doctor what you can personally expect as an outcome from your treatment, medication or procedure.
- Take any available reading materials related to your condition, or ask for additional resources to review at home.
- Feel free to ask questions of all members of your care team, such as nurses and physicians assistants. Your entire care team will work together to provide you with all the information you need.

After your appointment

- Schedule any recommended follow up appointments or procedures.
- Review the information and materials your doctor gave you.
- Call our clinic with any additional questions you may have after your visit.
- Follow the doctor's instructions, such as a taking a prescription or following an exercise routine.
- Inform you doctor of any changes in your condition.

- Notify your doctor immediately of any adverse reactions to medications or additional complications or worsening of your condition.

If your doctor has recommended surgery

Once surgery has been recommended, ask your doctor or a member of your health care team any of the following questions to better inform yourself about the procedure and know what outcomes to expect.

- What is the procedure called and how is it performed?
- Why is it being recommended?
- What are the benefits of this procedure? How long will they last?
- Will the procedure need to be performed again after a certain amount of time?
- What risks are involved?
- What is the success rate of this particular procedure?
- What will happen if the procedure is not performed?
- Who will be performing the procedure?
- Will I need any additional appointments or evaluations before the procedure?
- Is an implant or prosthesis being used? If so, what kind?
- What can I expect following the procedure?
- How long is the average recovery? When can I return to normal daily functions (i.e. walking, going to work, driving a car)?