

# GETTING PREPARED FOR THE MEETING WITH YOUR ORTHOPEDIC SURGEON:

Undergoing a lower limb surgery (such as knee or hip replacement)?

Now is the time to get prepared.

You probably know that whenever you are heading new life challenges its always best to read more information, discuss it with your friends and family and get a professional you trust to answer all your questions. That way you will get the support that is so much needed in these cases and lower uncertainty and fear.

Now, when you have scheduled a meeting with your doctor, it is important that you will organize the relevant information needed for an effective appointment and get all the questions you want to ask arranged and ready for discussion.

## **Before going to the doctor:**

- Ask a family member or friend to come with you.
- Write down a list of all the medications you take including prescription drugs, over-the-counter, vitamins and herbs.
- Arrange your surgical history by dates and write down your complete family medical history

## **Prepare a list of issues and procedures worth discussing with your orthopedic surgeon:**

1. Diagnosis
2. Pre-surgical tests or evaluations needed
3. Treatment alternatives
4. Benefits of the surgery
5. Expectations for treatment outcomes and how your condition can improve
6. Risks of surgery , possible complications including DVT and bleeding
7. Solutions to resolve complications including mechanical treatments.
8. Pain following the procedure and ways to reduce it
9. Recovery: recovery time, limitations during recovery (such as driving, sexual activity), assistance needed, ways to ensure most successful recovery.

We suggest that you will free ask all the questions that trouble you, and always be honest with your doctor. Share your views and don't hold back information.

Finally - make sure that you have all the information needed for contacting your physician (numbers, emails, times available, etc.). Best to ask about patient-friendly literature so you can learn about your diagnosis, medical tests and treatment.

Wishing you a safe procedure and an easy recovery,  
ActiveCare®.