

# PATIENT HANDBOOK AND JOURNAL

## APPOINTMENTS

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# APPOINTMENTS



## APPOINTMENTS FOR SURGERY PATIENTS

1. Medical Clearance Appointment (if needed): on \_\_\_\_\_ time \_\_\_\_\_  
with \_\_\_\_\_ location \_\_\_\_\_
2. Pre-Operative Anesthesia Appointment (In-Person or Phone): date \_\_\_\_\_ time \_\_\_\_\_  
If in-person, please enter the main entrance of the hospital or surgery center and check in at the desk.  
This is a mandatory appointment; your surgery may be postponed if you miss this appointment
3. Pre-operative Appointment at OrthoCarolina (if needed): with \_\_\_\_\_  
on \_\_\_\_\_ time \_\_\_\_\_ location \_\_\_\_\_
4. Surgery: Your surgery has been scheduled on \_\_\_\_\_ at \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please make arrangements to bring your caregiver coach with you. They will need to assist you following surgery as noted in this handbook.

Surgery will be cancelled if you do NOT have a caregiver coach!

The hospital or surgery center will let you know your surgery arrival time at your Pre-Operative Anesthesia appointment

Do not eat or drink anything after midnight the night before surgery. Take only the medications the Anesthesiologist told you to take the night before surgery or the morning of surgery.

5. Post-operative Physical Therapy Appointments at OrthoCarolina:  
Dates \_\_\_\_\_ time \_\_\_\_\_  
location \_\_\_\_\_
6. Post-operative Appointment at OrthoCarolina:  
with \_\_\_\_\_  
Date \_\_\_\_\_ Time \_\_\_\_\_ location \_\_\_\_\_

**KEY POINTS TO REMEMBER:**

- » Arrive 15 minutes early for each appointment so you have ample time to check in and to relax a few minutes.
- » Bring this book with you.
- » Write down questions that you want to ask your surgeon or other caregivers so you don't forget.
- » Bring your OC Coordinated Care Insurance card with you.
- » Do not give your private insurance card, such as BCBS, United, Aetna, to anyone as your OC Insurance Card is all you need.
- » Bring your Care Coach to as many appointments as possible so they are informed. Have them jot down notes and questions below in this book if needed.

Journal Entries and Questions to Ask for Appointments and Scheduling:

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