

Dr. Atchison



Patient Guide

Knee & Hip

PRE-OP

Appointment

Annaka Schiller, MA, Trey Harold, PA-C, Steven Atchison, MD, Lindsay Carter, NP-C

1) When and where is my pre-op appointment?

Typically pre-op appointments are made 3 weeks prior to your surgery. Someone from the clinic will call you to confirm your pre-op appointment. Your pre-op appointment will take place at Orthopedic Specialists of Louisiana -Shreveport located at 1500 Line Avenue, Shreveport, Louisiana, 71101.

2) How long will my pre-op appointment take and may I bring a loved one with me?

Please allow for 2-4 hours for your pre-op appointment. We strongly encourage a loved one to come with you to help you assimilate all the information.

3) What should I bring to my pre-op appointment? Do you have to fast? What should I wear?

Please bring your photo ID and your insurance information. You may also want to bring a book or ipad. Even though you will have some blood work completed, you do not have to fast... feel free to bring some snacks and water. We also have a snack shop, if you would like to purchase on site. Wear loose easy fitting clothing and you may want to have a sweater or sweatshirt... the clinic and hospital run a bit on the chilly side!

4) Why do I have to fill out registration paperwork for the hospital when I just filled it out in the clinic?

The clinic and hospital maintain separate and different medical record systems, thus, you must complete all necessary forms for the hospital and clinic separately. We recommend that prior to your pre-op visit, you visit: [specialistshospitalshreveport.com/patient portal](https://specialistshospitalshreveport.com/patient-portal)

Your Pre-Op Day Appointment Schedule

@ 1500 Line Avenue • Shreveport, LA 71101

1) CT Scan

When you first arrive, you will check in at Orthopedic Specialists of Louisiana (Suite 100), to have your pre-operative CT Scan.

2) Clinic H & P

You will meet with the nurse practitioner in clinic during your pre-op visit. She will complete a history and physical and answer any questions about your upcoming surgery.

3) Labs/ Blood work

You will go to Specialists Pre-Admit/ Lab (Suite 202) for blood work and pre-admit testing. You do not have to fast prior to your blood work. Prior to your visit , please complete your hospital registration forms at ;

[specialistshospitalshreveport.com/patient portal](https://specialistshospitalshreveport.com/patient-portal)

4) Visit with PT- Pre/Post Operative Exercises

You will have a brief visit with the physical therapy team to discuss your pre/ post operative exercises. If applicable, you may also be introduced to a rehab bike that we can send to your home postoperatively for a set period of time. To learn more about this rehab bike, please visit: romtech.com

A note about exercising prior to your surgery:

We know it may be difficult to exercise prior to surgery...BUT, it is still a good idea to get into the "exercise" mindset. Try to dedicate at least 15-30 minutes a day to exercise or strengthening exercises. Setting aside this time will help to prepare you for your recovery following your surgery. You can also visit the American Association of Hip and Knee Surgeons for preoperative exercises and guidelines:

hipknee.aahks.org/preparing-for-joint-replacement-surgery-at-home-exercises



orthopedicspecialistsla.com