

KNEE & HIP PRE-OP APPOINTMENT

Patient Guide

WITH DR. LOBRANO



CHASE LOBRANO, MD

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 FLEX Institute 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

YOUR PRE-OP DAY APPOINTMENT SCHEDULE @ 1500 · LINE AVENUE SHREVEPORT, LA 71101

1 CT SCAN

When you first arrive, you will check in at FLEX Institute (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. They will complete a history and physical and answer any questions about your upcoming surgery. If you require a walker, the clinic will issue one to you at your clinic visit.

3 LABS/BLOOD WORK

You will go to Specialist 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

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. If you would like some pre-operative exercise guidelines, we are happy to provide an exercise booklet or make suggestions.

If you have sudden, worsening symptoms, or a medical emergency, contact the clinic immediately or call 911.



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