First orthopedic visit checklist

Screenshot it or print it

- [ ] Appointment confirmation, with the practice address and time
- [ ] Medication and supplement list
- [ ] Imaging discs and reports (a physical disc for any outside MRI)
- [ ] ER or urgent care paperwork, if you have it
- [ ] A short timeline of the problem and what you have tried
- [ ] Health history, including past problems with anesthesia
- [ ] Comfortable clothing, plus everyday shoes for knee, ankle or foot problems
- [ ] Your written questions

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