

**Are you a good patient? Are you prepared for your office visit?**

In order to be able to answer **YES** to the above questions, you should prepare for your visit to Lone Star Orthopaedics by considering the following information:

- #1. A concise description of your symptoms. What, When, Where, How, etc..
- #2. Make a prioritized list of your concerns, i.e., exact description of your injury and/or pain for example. Put your pain on a scale of 1 to 5, 5 being severe or if you have more than one area of concern, pick one or two of the worst to concentrate on during your visit.
- #3. Bring a record of the names and doses of all medications you are taking and why you take them.
- #4. Be prepared to know what you are looking for during your appointment. Are you looking for advice, education, surgery?
- #5. Do not schedule other appointments close to your scheduled appointment time with your physician. When an emergency arises, the physicians may run behind schedule on your appointment.

Being a well-prepared patient can be attained by being able to present a well-thought-out description of what brings you to the doctor. This will mean better communication between you, the doctor and the staff. It can reduce the frustration you may feel with your pain and can actually result in better care!

No one teaches you how to be a better patient, but it isn't hard!! Preparing ahead of time leaves more time during your appointment for discussion, questions, listening and learning...essential needs for quality care!!