

## **Your Orthopedic Trauma Surgery Clinic Visit**

### *What to expect*

*This handout is for patients at Harborview Medical Center who are being discharged from the hospital. It explains what to expect at your follow-up visits at the Orthopedic Trauma Surgery Clinic.*

### **Orthopedic Trauma Surgery Clinic**

If your first clinic visit was not scheduled before you left the hospital, call the Orthopedic Trauma Surgery Clinic as soon as you can to set up your visit.

To talk with a nurse:

- Weekdays between 8 a.m. and 4 p.m., call 206.744.3462. Press 8 when you hear the recording.
- After hours and on weekends and holidays, call the Community Care Line at 206.744. 3276.



*Clinic reception area on 1st Floor West.*

### **Getting to the Clinic**

The clinic is on 1st floor (1W) of Harborview Medical Center. The address is 325 9th Ave., Seattle, WA 98104.

### **Prescriptions and Refills**

To talk with staff at the Orthopedic Pharmacy, call 206.744.8701 weekdays between 9 a.m. and 4:30 p. m. Leave a message after hours.

- Allow 48 hours for prescription refills.
- If you need a refill for opioids, you must get a new prescription. To get this prescription, you can either:
  - Come to the hospital to pick it up, or
  - Call us and ask us to mail it to you. If you want us to mail it to you, be sure to call us several days before you will need your refill.
- Your care team may prescribe opioids up to a maximum of 42 days after your surgery or injury.

## Preparing for Your Clinic Visits

Bring these items to your visits:

- Your pain medicine
- Your medicine list
- Forms that need to be filled out, such as FMLA or short-term disability
- A list of your questions to ask the doctor or nurse
- Snacks
- A book to read, or other quiet activity

Your visits may last **90 minutes or longer**. If you cannot keep your appointment, please call us as soon as you can at 206.744.3462.

## What to Expect

For your comfort and convenience, avoid wearing tight clothing, belts, buttons and zippers when you come for your clinic visit.

### 1st Follow-up Visit

Your 1st follow-up visit will be 2 to 3 weeks after your surgery or injury. At this visit:

- If you had surgery, we will check your wound and remove any sutures or staples.
- If you did not have surgery, we will check your skin and take X-rays, if needed.
- If needed, we will remove your splint and give you a cast, boot, or brace.

### 2nd Follow-up Visit

Your 2nd follow-up visit will be about 6 weeks after your surgery. If you did not have surgery, your visit will be sooner. At this visit, we will:

- Take X-rays.
- Go over your activity restrictions and physical therapy referrals. We may revise these as needed.

## Who to Call

If you have questions about your **medicines**:

- Weekdays from 9 a.m. to 4:30 p.m., call the Orthopedic Pharmacy at 206.744.8701. Leave a message if you call after hours.

If you have questions about **your surgery or physical symptoms**:

- Weekdays between 8 a.m. and 4 p.m., call the Orthopedic Trauma Surgery Clinic at 206.744.3462. Press 8 when you hear the recording.
- After hours and on weekends and holidays, call 206.744.3276.

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have any questions or concerns.

Weekdays between 8 a.m. and 4 p.m., call the Harborview Orthopedic Trauma Surgery Clinic at 206.744.3462. Press 8 when you hear the recording.

After hours and on weekends and holidays, call 206.744.3276.

Clinic fax: 206.744.8849