

## **CHECK LIST FOR OUT OF TOWN SURGERIES**

Please collect all medical records related to your injury. We will need copies of all MRI's, Arthrograms and X-ray reports as well as all images in CD format that you have received. Please send them to the physician.

Once we have received all your information and a cover note from you requesting a phone consult, the front desk will call you to set up a phone consultation

It may be helpful for you to visit the web site [www.nirschl.com](http://www.nirschl.com) and go to Dr. Ochiai's page. There he has several movies on FAI surgery as well as the rehab protocol and step by step videos on the exercises you will be performing. It may help to familiarize yourself with the procedure and rehab. In addition there is an article written by Dr. Ochiai on Traveling for Surgery, which you might find helpful.

After your consultation if you decide to have surgery please call our Surgical Coordinator, Tina at 703-525-2200 ext. 116. She will need all of your demographic and insurance information and a copy of both the front and back of your insurance card.

Schedule a tentative surgery date

When you book your plane ticket please make sure to get insurance as the day of your surgery may have to be changed. Keep in mind you need an adult to accompany you.

If you are looking for hotels we recommend the Comfort Inn off Glebe Road (703) 247-3399 and the Ballston Holiday Inn 703-243-9800 (Tell them that you were referred there by your physician for out of town surgery and ask if they will give you a surgery discount)

You will need to see your primary care physician and get medical clearance within 30 days of the scheduled surgery.

You will need to schedule an appointment to see the physician the day before your surgery. In addition you should schedule an appointment with our physical therapy department down the hall for a one time visit to review the rehab protocol. Their number is 703-525-5542 ext. 200 tell them you need to schedule a pre surgical consultation. If there is any problems please notify the Doctors secretary and she can help.

Surgery Day

You will follow up with the physician the day after surgery to possibly get a brace and have your surgical site re-banded. You will probably be nauseous and might want to give yourself an extra day before flying home. But you are free to fly after your post-operative doctor's visit.