

Making the decision to have surgery takes a lot of time and consideration, but imagine if you decided to travel to have surgery. Today's consumers are taking a more active role in vetting their health care options. They are looking for the top surgeons who specialize in treating their particular injury, even if that means flying across the country to see them.

Orthopaedic surgeon Dr. Derek Ochiai from the Nirschl Orthopaedic Center in Arlington, Virginia works with patients from across the U.S., Europe and Porto Rico who suffer from hip pain and FAI injuries.

Below is an interview with one of Dr. Ochiai's recent patients

**Patient Interview: Shawn S.**

**Surgery:** Right hip arthroscopy, labral repair, Pincer and Cam osteoplasty, micro fracture, iliopsoas release, debridement of ligamentum tears

**Where are you from?** Missoula, Montana

**How did you hear about Dr. Ochiai?** I was referred by a physical therapist in Oregon who worked with Dr. Ochiai at The University of Virginia Hospital.

**What happened next?** I sent my medical records and tests to Dr. Ochiai. Once he reviewed them, he contacted me directly for a phone consultation. He spent over an hour with me on the phone discussing my injury and the recommended surgical procedures. I had planned to go elsewhere for my surgery, but after the time he spent with me I decided to come to Dr. Ochiai at the Nirschl Orthopaedic for Surgery.

**What made you decide to travel for surgery?** I was going to have to travel for surgery since there were no surgeons in my area that did this procedure. It was just a case of deciding who I was going to travel to see.

**How was the process overall?** I felt like it was well structured and well presented. I knew where I needed to go and how to get there. Patient's wife – The surgery center was great at providing me with hourly updates and letting me know what was going on.

**Did you know that Dr. Ochiai has performed surgery on many patients from around the world?** Yes. That was one of my questions to him. Was this something he did a lot of? Would it be a problem to perform surgery on someone coming from out of town? Knowing that he did a lot of these procedures helped solidify my decision to come to Nirschl Orthopaedic Center.

The decision to have surgery should not be taken lightly. Knowing that your surgeon is at the top of his field can help in the decision making process. If you are going to travel for surgery make sure the physician's office is prepared and has worked with traveling patients. Prepare a list of questions before your consultation and do your homework.

Dr. Derek Ochiai is a board certified orthopaedic surgeon, specializing in Hip Arthroscopy and Sports Medicine, at Nirschl Orthopaedic Center for Sports Medicine and Joint Reconstruction. Follow him on Twitter @DrDerekOchiai. For more information go to the web site at [www.nirschl.com](http://www.nirschl.com).