

Your Orthopedic 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 Clinic.

Orthopedic Clinic

If your first clinic visit is not scheduled before you leave the hospital, call the clinic as soon as you can to set up an appointment.

- The 1W Clinic is on the 1st floor of the hospital, in the southwest corner next to Radiology. The clinic is open weekdays from 8 a.m. to 4 p.m.
- To talk with a nurse during clinic hours, call 206.744.3462 and press 8.
- After hours and on weekends and holidays, call the Community Care Line at 206.744. 3276.

Prescriptions and Refills

- To talk with staff at the Orthopedic Pharmacy, call 206.744.8701 weekdays from 8 a.m. to 4 p. m.
- Allow 48 hours for prescription refills.
- Opioid prescriptions cannot be faxed. They must be picked up from the clinic in person or mailed.
- Your care team is allowed to prescribe opioids only up to 42 days after your surgery or injury.

Preparing for Your Visit

Bring these items to your visit:

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



Your first follow-up clinic visit will be 2 to 3 weeks after your surgery or injury.

Your visit 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

- 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 x-rays, if needed.
 - If needed, we will remove your splint and give you a cast or boot.
- Your **2nd follow-up visit** will be 6 weeks after your surgery or injury. At this visit:
 - We will take X-rays
 - We will go over and revise your activity restrictions and physical therapy referrals

When to Call

Please call the clinic if you have:

- New, severe pain
- Fever of 101°F (38.3°C) or higher
- Redness, swelling, or a lot of drainage from your incision
- Questions about your cast or splint

Call the clinic **right away** if the limb that had surgery:

- Feels cold
- Is pale or blue
- Has new numbness or tingling
- Has new swelling or swelling that does not ease when the limb is raised

Call 911 right away if you have:

- New shortness of breath or chest pain

Who to Call

To call the Harborview Orthopedic Clinic:

- Weekdays from 8 a.m. to 4 p.m., call 206.744.3462 and 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 from 8 a.m. to 4 p.m., call the Harborview Orthopedics Clinic at 206.744.3462. Press 8 when you hear the recording.

After hours and on weekends and holidays, call 206.744.3276.