

Your Office Visit

In an attempt to make your office visit as smooth as possible, we want to give you an idea of what you can expect during your time with us.

- Many insurance companies no longer require that you have a referral from your primary care provider. However, if your insurance does require one, please bring this to your initial visit.
- If you are a new patient or an established patient with a new problem and you **have not** completed paperwork online prior to your appointment, please arrive 30 minutes before your scheduled appointment time.
- If you are a new patient or an established patient with a new problem and you **have** completed paperwork online prior to your appointment, please arrive 15 minutes before your scheduled appointment time. You will need to provide an email address to the patient service coordinator (PSC) who schedules your appointment in order to have the option of filling out paperwork online prior to your appointment.
- When you arrive for your appointment, please sign in at our front desk. You will need to provide your insurance card and an ID.
- If required by your insurance provider, a copay will also be collected upon your arrival.
- One of our medical assistants will call you back to the exam room. At that time they may ask you a few questions pertaining to your injury, as well as obtain your height, weight and blood pressure. The medical assistant will collect any films and order X-rays requested by Dr. Gudeman to be completed in our office.
- You may also be asked to change into shorts (for knee patients) or a tube top (for female shoulder patients) so that Dr. Gudeman can examine you.
- In some cases Dr. Gudeman's physician assistant may come in to talk to you and perform an exam.
- After the X-rays and exam are complete, your diagnosis will be explained to you in detail. In some instances, further testing may also be ordered to rule out or confirm a diagnosis. These tests will be scheduled by someone from our office for you. In most cases, outpatient tests can be performed within three to five days. The results of those tests are faxed directly to our office so that we will have those results at your follow-up appointment.
- Treatment may include one or more of the following: therapeutic exercises, ice, anti-inflammatory medication, work restrictions, athletic/PE restrictions, cortisone injection and/or surgery.
- If surgery is recommended, the procedure including its risks, benefits and post-operative course will be explained to you in detail so that you can make an informed decision regarding your treatment plan.
- Remember, as the patient you are in charge and we will respect your decision. We want you to be an active participant in your treatment plan.