

New-Patient Checklist

A short list to make your first appointment count. Bring what you can — we can work around whatever is missing.

— Before you arrive

- ☐ Confirm with your insurance that Dr. Seem and Winchester Orthopaedic Associates are in network
- ☐ Ask your insurer whether a referral or prior authorization is required
- ☐ Arrive 15–20 minutes early to complete registration

— Bring with you

- ☐ Photo ID and insurance card(s)
- ☐ A current list of medications, with doses — including supplements and over-the-counter medicines
- ☐ Prior hip or knee imaging (X-ray, MRI, CT) on disc, or the name of the facility where it was done
- ☐ Operative reports from any previous hip or knee surgery, if available
- ☐ A list of treatments you've already tried — injections, therapy, braces, medications
- ☐ The questions you most want answered

— Worth thinking about beforehand

- What activities has your joint taken from you? Be specific — it shapes the plan.
- What would a successful outcome look like for you six months from now?
- Who will support you at home if you eventually choose surgery?

GOOD TO KNOW

Your visit starts with listening. A recommendation is never based on an X-ray alone — your history, examination, goals, and prior treatment all matter as much as the image.



The full patient library

Scan, or visit drseem.com/patient-resources

This guide is educational and reflects Dr. Seem's general approach. It does not replace an examination, individualized advice, or the instructions you receive from your surgical team and the facility where your surgery takes place. For medication, fasting, and day-of-surgery instructions, always follow the current guidance from Winchester Medical Center or Valley Health Surgery Center. For emergencies, call 911. Reviewed and approved by Michael E. Seem, MD. ROSA®, Persona IQ®, and mymobility® are registered trademarks of Zimmer Biomet, and HipInsight™ of its owner — named only to identify technologies used in practice; no manufacturer endorsement or affiliation is implied. · Michael E. Seem, MD · Winchester Orthopaedic Associates · 128 Medical Circle, Winchester, VA 22601 · (540) 667-8975 · © 2026