

# What to Bring to Your Visit

The short version — the items that actually change what we can accomplish at your appointment.

## — The essentials

| ITEM                                       | WHY IT MATTERS                                                                 |
|--------------------------------------------|--------------------------------------------------------------------------------|
| Photo ID & insurance cards                 | Registration and benefits verification                                         |
| Medication list with doses                 | Safety — several medications affect surgical planning and anesthesia           |
| Prior imaging (disc or facility name)      | Avoids repeat X-rays and shows how your joint has changed over time            |
| Operative reports from prior joint surgery | Essential for revision evaluations — implant make and model guide the plan     |
| List of treatments already tried           | Insurance often requires documented conservative care before approving surgery |
| Your questions, written down               | The best visits are conversations — come with what you want answered           |
| A support person (optional)                | A second set of ears helps, especially when discussing surgery                 |

## — If you use a CPAP, walker, or brace

Mention it. Sleep apnea, mobility aids, and bracing all factor into surgical and anesthesia planning.

### COMFORTABLE CLOTHING

Wear or bring shorts if your knee is being evaluated — it makes the examination easier and faster.



### The full patient library

Scan, or visit [drseem.com/patient-resources](https://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