

Welcome to St. Tammany!

Bone and Joint Clinic

I am going to the St. Tammany Bone and Joint Clinic.



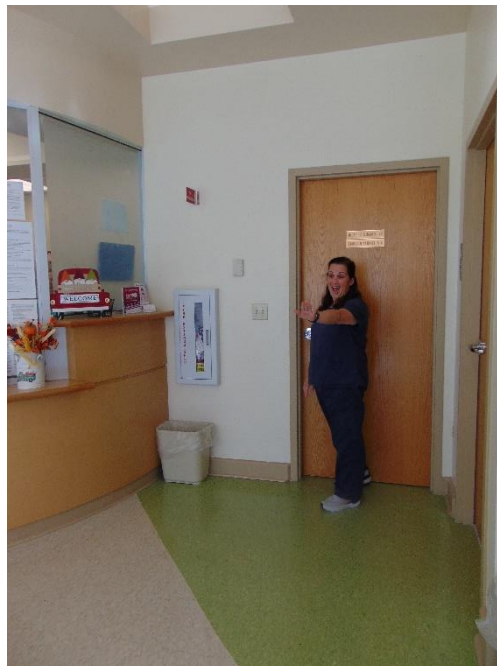
The first step will be to check in with the front desk!



Next, we will wait in the waiting area. I can bring a toy from home to play with while I wait, walk around, or sit.



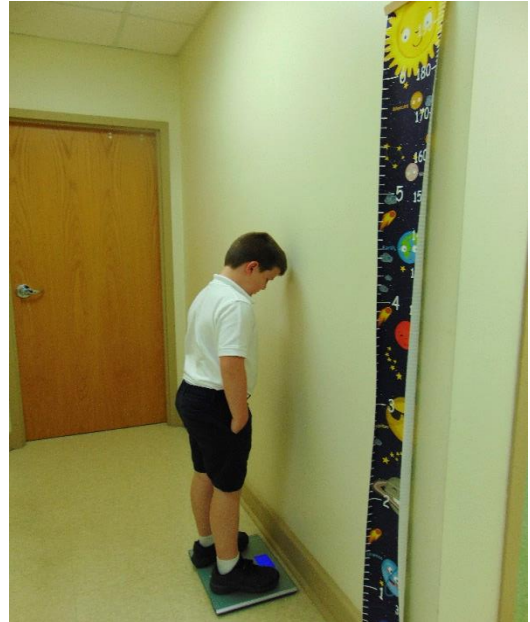
When it is my turn to see the doctor, a nurse will call my name to come back.



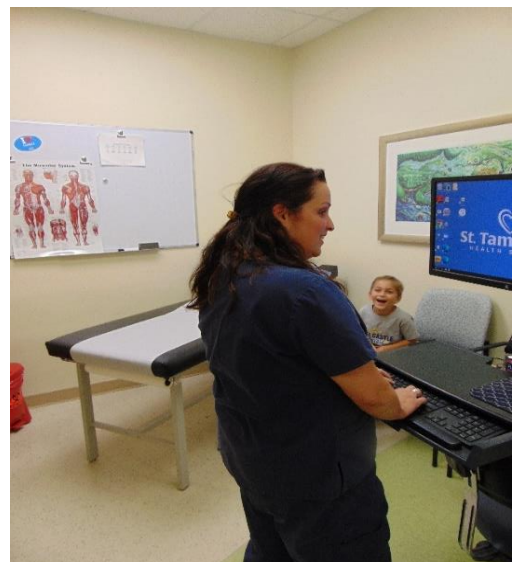
First, she will check my height and weight.

The nurse will ask me to step on the scale to check my weight and put my back against the wall to see how tall I am!

I will stand still with my hands at my side.



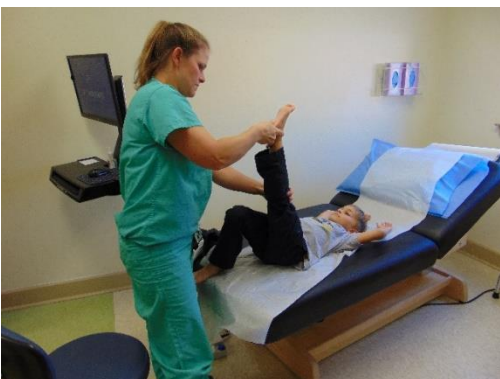
Next, I will follow the nurse down the hall into an exam room, where we will wait for the doctor. While we wait, a nurse will ask us a few questions.



When the doctor arrives, and before starting my exam, the doctor will introduce herself and ask me and my parent or guardian questions, too.

Now, it's time for the doctor to start my checkup! The doctor may ask me to lie down, stand up, or move my body. The doctor may have to press on different body areas, but I am safe!

If I need a break, I can ask my doctor to stop. She will listen.



The doctor may have to send me to get an X-ray to see how they can help me! An X-ray is a machine that takes pictures just like a camera.



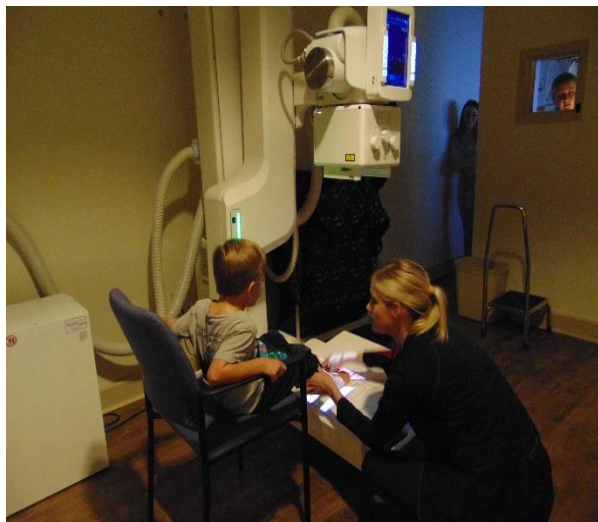
I will wear a vest or a belt while the X-ray takes a picture of me!



The X-ray room is dark, but I will never be alone and will be safe. I know the X-ray technician will help me!

I will stay still until the X-ray is done, taking a picture of me.

The X-ray technician will tell me when we are finished.



After getting my X-rays, I will go back to my exam room, or I will go to the casting room.

If I go to the casting room, I might get a cast, brace, or boot to help me feel better.



The doctor will tell the cast technician how they can help me.
The cast technician might ask me to do a few things, like lie down, stay still, or stand up.



While in the casting room, I can color or watch TV!



When getting a cast, I can choose what color or pattern I want!



When placing the cast, the cast technician will be very gentle.
The cast will not hurt me; it will make me feel better!
The cast technician will put a soft sleeve on me and then wrap
my body part in the cast material.

I will stay still and follow directions as best as I can!



Now that my cast is on, I will feel better!



Once my bones are healed, it will be time to get my cast off!
The cast room has tools that help take the cast off. This tool is very safe and cannot hurt me! However, it may be loud, so if I need to, I can bring headphones!



If I need a brace or a boot, the cast technician will help me find the right fit to be comfortable!



After I am done with my doctor's visit, I can get a sticker from the front desk and go home! Nice job!

