



**Your surgery is at Vail Valley Surgery Center - Edwards  
320 Beard Creek Rd Edwards, CO 81632**

We have you scheduled for surgery with Dr. Armando Vidal on \_\_\_\_\_

**A member of our team will call you one business day before your surgery to tell you your check-in time and go over a few last-minute details. Check in times range between 6:00 AM and 12:00PM**

### **Items to organize before the day of surgery:**

#### **Get together a day-of-surgery game plan:**

Surgery is an all-day event and you will not know what time you need to arrive until the day before surgery. You might consider arriving the evening before surgery, arrange a hotel room in the Vail/Edwards area the night before surgery to avoid any travel stress the morning of surgery. We have a Concierge Team that can assist with these arrangements, their number is (970) 479-5898. The highway (I-70) is known to close due to snow, rock mitigation, construction, etc throughout all months of the year. If you are late to surgery, there is a high likelihood that we then will have to reschedule to another date. All patients must be discharged to a responsible adult over the age of 18 following any procedure – be sure you have arranged a ride home by a responsible adult who can assist with mobility, medication, and more.

#### **Post-op appointments**

Dr. Vidal's team will set up your first two post-op appointments at the time that your surgery is scheduled and it is emailed to you along with this packet. His schedule does fill up quickly; please look at the appointments ASAP and if you need to make changes, please let us know as soon as possible by calling (970) 401-8946

#### **Make a plan for Physical Therapy: Where will you be going?**

Typically, Dr. Vidal wants his patients to start Physical Therapy 3-7 days after surgery. Please let us know if you have a physical therapist that you prefer to see; if you do not, we are more than happy to give some references of Physical Therapists that Dr. Vidal recommends. You will be getting your physical therapy prescription and protocol at surgery (this is to ensure that the PT script has the most up-to-date plan in case your surgical plan changes). Start getting your appointments set up as soon as possible, so there are no scheduling issues. It is your responsibility to set up Physical Therapy appointments as well as bring your PT prescription to your appointments

#### **\*If applicable: Complete your pre-operative medical clearance**

We will review your medical history with you when scheduling surgery and you will be notified by our team if a pre-operative medical clearance is required for your surgical procedure. Pre-ops are customarily completed with your Primary Care Physician. We also have an Internal Medicine Physician, Dr. Kuppersmith, at The Steadman Clinic if you would like to see him. They must be completed within 30 days of your surgical procedure. RESULTS MUST BE FAXED TO OUR OFFICE AT: 970-672-0846. If these results are not received by our team within 4 business days prior to your surgery, we will reschedule your procedure.

#### **Work letter, school letter, FMLA paperwork, ski pass reimbursement**

If you need a letter from Dr. Vidal for work or school purposes, please let us know as soon as possible before surgery. We cannot guarantee that we can fill out paperwork at surgery or at a clinic visit. Any paperwork needed to be filled out, email those forms to our team

**CHECKLIST**  
**(starting one week out from surgery)**

**REMINDER: OUR TEAM WILL CALL YOU IN THE AFTERNOON 1 BUSINESS DAY BEFORE SURGERY TO GIVE YOU YOUR CHECK IN TIME**

**One week out:**

- Physical therapy location + first few appointments scheduled
- Organized my ride to and from surgery, and caretaker after surgery for at least 24 hours
  - \*decided if I am getting a hotel room the night before and/or after surgery
- Organized childcare or pet care while I am away for surgery
- Sent Dr. Vidal's team any paperwork that is needed to be completed for absence at work, school, etc
- Stopped taking NSAIDS (aspirin, ibuprofen, Advil, Aleve)
- Have an understanding of what medications you can take that are prescribed to you
- Completed the One Medical Passport for the Vail Valley Surgery Center (instructions and link in this packet)
- If applicable: had my pre-op medical clearance paperwork submitted to Dr. Vidal's office from my Primary Care Physician
- If applicable: organized my equipment after surgery (Gameready, CPM machine, crutches)

**Day before surgery:**

- Pack bag to bring to surgery: insurance cards, photo ID, credit card for any payment due, loose fitted clothing to change in to, list of any medications you take and their dosages, glasses in case you use them
- Spoken with Dr. Vidal's team about my check in time: you will get this call in the afternoon the day before surgery \*\*
- Leave valuables at home: all jewelry, electronics (you may bring your cell phone)
- Bathe with Hibiclens soap or antibacterial soap (Dial body wash) tonight and tomorrow morning before surgery
- Call our team if you experience a fever, rash, or any sick symptoms

**Food and Beverage Restrictions the day of Surgery**

Per Anesthesia and regulatory guidelines, there is to be no food consumption within 8 hours of check-in to the surgical facility. You may only have clear liquids (water, apple juice etc.) up until 3 hours prior to your check-in time. Nothing is allowed by mouth within the 3 hours leading up to your check-in time.



Armando F. Vidal, MD  
Complex Knee, Shoulder and  
Sports Surgery  
Clinical Associate Professor  
Department of Orthopaedics  
University of Colorado School of Medicine

## Directions to the Vail Valley Surgery Center-Edwards

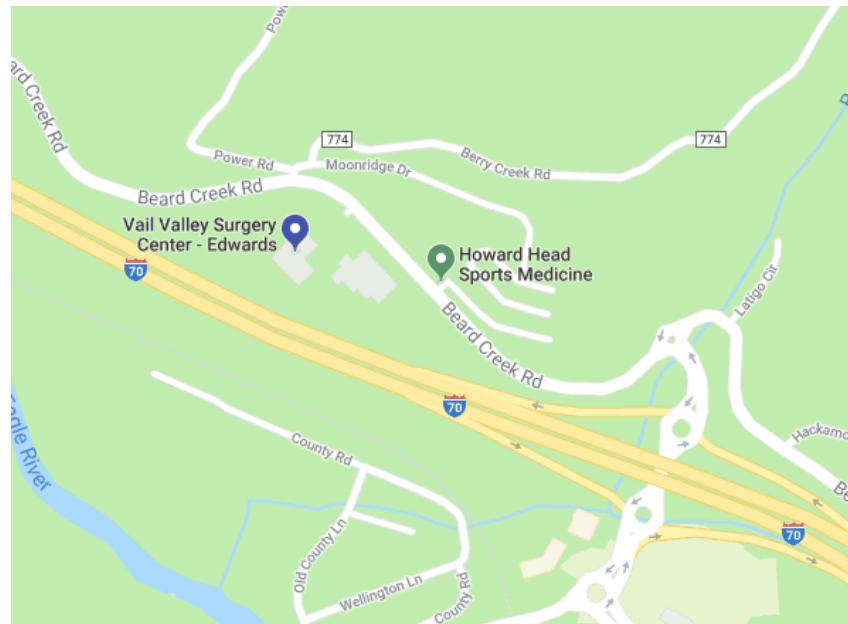
320 Beard Creek Rd  
Edwards, CO 81632  
970-569-7400

### **Westbound** (From Vail/Avon/Silverthorne/Denver):

Exit I-70 at exit 163  
Stay in right hand lane  
Turn right to follow Beard Creek Rd  
Go up the hill to first driveway on left  
Park in front of the building  
Enter under main archway  
Walk through sliding doors and turn right into our lobby

### **East bound** (From Eagle/Gypsum/Glenwood/Aspen/Steamboat):

Exit I-70 at exit 163  
Go around round-about under bridge to be on the north side of I-70  
Stay to the far right  
Follow Beard Creek Rd  
Go up the hill to first driveway on left  
Park in front of the building  
Enter under main archway  
Walk through sliding doors and turn right into our lobby



181 W Meadow Dr., St. 400  
Vail Colorado 81657  
970-476-1100  
TSCandSPRI.com



**ARMANDO VIDAL, MD**  
**COMPLEX KNEE, SHOULDER, AND SPORTS MEDICINE**



**CHARLOTTE**  
**MOREL, MPH**



**STACI**  
**PAMORE, PA-C**



**JOHN**  
**BADAGLIACCO, MS, ATC**



**HALEY**  
**SIMMONS, MS, ATC**

**ADMINISTRATIVE LINE: (970) 401-8946**

**CLINICAL LINE: (970) 401-8940**

Please understand that our team is running clinic or in the operating room and not always at our desks to answer phone calls immediately.  
We will return your voicemail within 1 business day, or as soon as possible.

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## INSURANCE/FINANCIAL

Due to the every changing insurance industry and the multiple plans offered by each insurance carrier, it is best that you confirm The Steadman Clinic's participation by calling your insurance company. Please provide them with our Tax ID number: 84-1415470, and physical address: 181 West Meadow Drive, Suite 400 Vail, CO 81657.

Prior to surgery, our insurance department will call your insurance company for a prior-authorization. Please note: A PRIOR-AUTHORIZATION IS NOT A GUARANTEE OF PAYMENT. If insurance does not cover the surgery, either in full or in part, any remaining balances become the patient's responsibility. Additionally, per your specific surgery plan, you may be asked to SIGN A WAIVER and PAY FOR procedures commonly not covered by insurance.

It is The Steadman Clinic's policy to collect on any: past due balances / deductibles / co-insurances / out of pocket monies prior to your scheduled surgery. A Surgical Authorization Specialist from our clinic will call you for payment.

If you have any questions regarding insurance or payment, please reach out to Ana Villegas at (970) 479-5895

There may be other charges associated with your surgery that include, but are not limited to: facility, anesthesiologist and physical therapy. If you have any questions regarding facility costs, below I've listed a few direct contacts:

- Facility: Vail Valley Surgery Center- Edwards  
Brigette Carter: 970-569-7439  
Eileen Ehinger: 970-477-8209
- Anesthesia Partners of Colorado  
Elizabeth: 970-315-3858
- Durable Medical Equipment (DME)  
970-471-0176
- Howard Head Sports Medicine: 970-476-1225

Ana is here to help make this process easier, so if you do have any questions, she is available via email [avillegas@thesteadmanclinic.com](mailto:avillegas@thesteadmanclinic.com) or by phone at 970-479-5895.

## Online Patient History Instructions

Welcome to the Vail Valley Surgery Center Edwards. We're very pleased that you and your physician have chosen us to care for you. Our center requests that you fill out your medical history online with One Medical Passport **as soon as your procedure has been scheduled**. Once you do this, our Pre-Anesthesia Testing nurse will be able to access the information you entered and help prepare you for your procedure.

Be sure to have the following information available before starting your Medical Passport:

- Your health insurance information.
- The names, addresses and phone numbers of your physicians.
- A list of all medications you are taking, their dosage and frequency.
- A list of surgical procedures you have ever had and their approximate dates.

To begin your online Medical Passport,

- 1) Go to our website: <http://vailvalleysurgerycenter.com>
- 2) Select the "Patients Resources" link on our home page
- 3) Select the "Online Check-In" link
- 4) Select the "One Medical Passport-Edwards" link
- 5) Select "Register" highlighted in green. Complete the registration and medical history screens, select Finish to submit your Medical Passport to our facility. If you need help with this process, please use the Help link on the left side of the screens.

**Patients can expect a phone call from a Pre-op nurse the day prior to the procedure to go over any pertinent information.**

***If you are not able to complete your history online, please note that you will be required to complete paperwork at registration.***

### **How to return to One Medical Passport**

If you have already registered you may go directly to [www.onemedicalpassport.com](http://www.onemedicalpassport.com)

In the lower left corner of the screen ("Already Have a Medical Passport?"), enter the username and password you created when you registered and click 'go'. Select the 'Medical Facility and Physician' option and click 'Next'. Select the State and Medical facility. Your previous medical history will populate the form. If you do not see the option you are looking for, or are having problems, please click the Help link on the left.

#### **About One Medical Passport**

Completing a *One Medical Passport* medical history online is easy. For most patients, filling out the entire questionnaire takes less than 30 minutes. Please fill out the questionnaire accurately, and be assured that all of your information is kept confidential and will be thoroughly reviewed by your medical team. At any time, you can quit filling out the questionnaire and come back and complete the unfinished portion at a more convenient time.

*One Medical Passport* is a website that allows you to enter your information at any time from anywhere. You can also print out a copy of your medical history after you create it online and keep it with you or with your other health care documents, as well as have access to it online anytime you need it or want to update it



## ***Pre-Surgical Planning- Infection Prevention***

Thank You for choosing Vail Valley Medical/ Surgical Center for your care. We are committed to your well-being.

With all surgeries, there is a small risk of infection. We have a very low surgical site infection rate and work very hard to prevent infections. We want you to get involved and play a role in your health.

Because skin is not sterile, we would like to reduce the number of those germs on your skin and decrease the risk of a surgical site infection by having you start a special skin cleanser before your surgery.

### ***Getting Your Skin Ready for Surgery***

Chlorhexidine Gluconate (CHG) 4% is a special chemical found in soaps such as Hibiclens and other brands of soap that are antimicrobial soaps used prior to surgery. Everyone's skin has germs; this soap can reduce the number of germs on your skin and help to prepare your skin for surgery. You can obtain this soap at any over the counter pharmacy such as Walgreens, City market, Wal-Mart etc.

#### **Follow these instructions to reduce your risk of infection:**

Shower or bathe one-time-a-day for 3 days prior to surgery with CHG 4% liquid soap AND the morning of surgery making a total of 4 showers:

**Step 1:** Wash your hair, face, and body with your normal soap, shampoo, and conditioner. Rinse completely.

**Step 2:** Turn off the shower or step out of the bathwater.

**Step 3:** Pour 1 oz. of liquid CHG soap onto a wet, clean washcloth and wash your entire body, avoiding the neck up and pubic region. Do not use CHG on hair, face or pubic region.

**Step 4:** Rub the soap filled washcloth over your entire body for **3 minutes**, again avoiding the neck up and pubic region.

**Step 5:** Turn on the shower or return to the bath and rinse the liquid CHG soap off your body.

**Step 6:** Towel Dry.

**Shower 1** ☐      **Shower 2** ☐      **Shower 3** ☐      **Shower 4** ☐

- You may apply skin lotion after your shower only on the 3 days prior to your surgery, NOT the morning of your surgery.
- On the morning of your surgery, DO NOT apply lotion, powder, oils, make up, perfume or aftershave.
- DO NOT shave or remove body hair below the neck for 1 week prior to surgery.

Facial shaving, facial lotion and chap stick are permitted the morning of your surgery.

If you are allergic to CHG or unable to get soap, substitute an antibacterial soap (ex. Dial Gold) instead.

STOP using the soap and call your doctor if you have a reaction such as redness, itching, rash, blistering etc.



## **Frequently Asked Questions:**

### **May I Drive?**

You may not drive for 24 hours after your operation, or while taking narcotic pain medication such as Oxycodone. If you had your right knee operated on, or your left and you drive a manual transmission, please discuss your specific driving restrictions with Dr. Vidal or his team.

### **What/when can I eat?**

We suggest that you eat lightly the first 24 hours after surgery. Try to drink lots of clear liquids.

### **When can I resume my regular medications?**

You may resume your medications when you get home, unless otherwise instructed.

### **What is an adverse reaction to a pain medication?**

Rash, itching, dizziness, nausea/vomiting. Call your doctor if these problems occur.

### **May I drink alcohol?**

You may not drink alcohol for the 24 hour period following your surgery, nor are you allowed to drink alcohol while taking narcotic pain medicine.

### **How much pain should I expect?**

Everyone will experience different amounts of pain but, following your surgery, you can expect to feel pain after the numbing medicine has worn off. This will probably last at least several days, but should gradually improve.

### **When should I take my pain medicine?**

Pain medicine should be taken only as directed by your physician. Begin pain pills before the pain gets out of control, as it takes 30-45 minutes for it to take effect. Remember, pain pills are designed to make the pain tolerable- not to fully take it away. If you need pain medication refilled, please call our team before you run out of medication as we are often times running clinic or in the operating room and unable to dispense medication right away.

Pain pills may produce some loss of judgment and coordination; therefore it is best to limit your activities until the effects wear off. Sometimes pain medication can cause nausea and constipation. You may use over-the-counter treatments for this. To avoid nausea, we recommend that you eat something before taking your pain pills. To avoid constipation, increase your fluid intake, and you may use a stool softener or laxative.

### **When should I expect to return to work?**

You may return to (sedentary) work or school 3-4 days after surgery if pain is tolerable, or as directed by your doctor. Return to heavy labor or excessive ambulatory activities will be determined by your doctor.

**Dr. Armando Vidal, MD**

Complex Knee, Shoulder and Sports Medicine • The Steadman Clinic  
181 West Meadow Drive #400, Vail, CO 81657 • (970) 476-1100





## Pre-op Medication Reference Sheet

### Medications that should be **DISCONTINUED** prior to surgery:

- **Aspirin:** stop 2 weeks prior to surgery if NO cardiac, carotid, or vascular stents
- **NSAIDs:** stop 2 weeks prior to surgery- ibuprofen, Advil, Aleve, naprosyn diclofenac, piroxicam, meloxicam
- **All Vitamins/Herbal Supplements:** stop 2 weeks prior to surgery- turmeric, Gingko, Fish oil, Vit C, Vit E, etc.
- **Erectile Dysfunction Medications:** stop 48hrs prior to surgery- Cialis, Levitra, Viagra
- **Phentermine:** stop 3 weeks prior to surgery

### Medications that are ok to **CONTINUE** up to and including the day of surgery:

- **Alzheimer's Medications, Anti-Parkinson Medications:** cabidopa, L-dopa, etc.
- **Anti-anxiety, Antidepressants, and Anti-psychiatric Medications**
- **Anti-seizure Medications:** carbamazepine, phenytoin, valproate, etc.
- **Beta Blockers:** Anything ending in *-olol*
- **Anti-arrhythmic:** amiodarone, Digoxin
- **Anti-hypertensive and Cardiac Medications:** clonidine, diltiazem, Diovan, amlodipine, etc. (exception: ACE inhibitors/ARB's: anything ending in *-pril* or *-artan*. You may take these medications up to the day of surgery, but do NOT take the morning of surgery)
- **Statins:** fluvastatin, lovastatin, rosuvastatin, simvastatin, etc.
- **Anti-virals/Antiretrovirals**
- **Thyroid Medications**
- **Medications to control chronic Pain:** Oxycontin, MS Contin (make sure you notify your surgeon)

### If you are on the following medications consult the prescribing Physician at least 2 weeks prior to surgery as modifications may be required, then notify your Surgeon of recommendations:

- **Oral and Injected Diabetic agents:** metformin, glipizide, rosiglitazone, insulin, Byetta, Victoza, etc.
- **Aspirin:** if stents present
- **Antiplatelets:** clopidogrel, Plavix, Aggrenox, etc.
- **Anticoagulants:** warfarin (Coumadin), dabigatran (Pradaxa) rivaroxaban ( Xarelto), apixaban (Eliquis), dalteparin (Fragmin), enoxaparin (Lovenox), etc.

### Notify Surgeon if you are taking these medications, modifications may be required:

- **Immunosuppressant and Rheumatologic Medications:** methotrexate, Orencia, Humira, Remicade, etc.
- **Birth control pills, estrogen or progesterone compounds**
- **Steroids:** prednisone, etc.
- **Suboxone, Subtex, Lithium, MAOIs , prescription weight loss medications**

# GAMEREADY ICE + COMPRESSION MACHINE

(970)-471-6267 [BJH007@GMAIL.COM](mailto:BJH007@GMAIL.COM)

Please call us to coordinate a rental or with questions. (please leave a message if sent to voicemail).

GameReady machines have run/sleep timers, custom shoulder, knee, hip wraps (and more), can do compression, and have a temperature control knob (34-50 F).

[www.gameready.com](http://www.gameready.com) for general information

[www.gameready.com/help-center/](http://www.gameready.com/help-center/) for user how to videos and the user manual

**Rental Information: \$300 / 14 day rental.** Includes all wraps and UPS ground return shipping. \*Extensions are \$120 / 7 days extra (as needed). CC, Checks, FSA/HSA payments accepted (no cash).

**From out of town?** Equipment comes with a carry on size suitcase. Airline bag checking (or carrying on) is ok and they are mailed back in the red case with the provided UPS label.

**\*Returns: Steadman Clinic in Vail / Frisco, or call (970)-471-6267 for return assistance.**

## Easy to use anywhere.

Fill the control unit with ice and water, attach your wrap, customize treatment settings, and you are ready for recovery. Use the optional battery pack for treatment on the go.



FILL ICE AND WATER



SELECT PROGRAM (OPTIONAL)



ADJUST SETTINGS



START TREATMENT

To rent Game Ready® hassle-free for your recovery, please talk to your physician or visit [gameready.com](http://gameready.com).

AVANOS | GAME READY®

1800 Sutter Street, Suite 500, Concord, CA 94520  
888.426.3732 | +1.510.868.2100 | [gameready.com](http://gameready.com)

## FINISH STRONG AFTER INJURY OR SURGERY



## Get next-level cold and compression therapy.

The Game Ready® System combines a powerful control unit with a complete range of anatomic, dual-action wraps to bring proven cold and intermittent compression therapies together with all-new adjustability, precision, and convenience.

GAME READY®

*"Awesome for reducing pain and allowing me to rehab faster and more comfortably."*

P. Klawnsky, Patient



GAME READY®  
ACTIVATE NEXT-LEVEL INJURY & POST-OP RECOVERY



**Cold Therapy.** Circulating ice water continuously and consistently cools your injury site to safely and comfortably reduce pain and swelling.



**Dual-Action Wraps.** Anatomically designed, circumferential wraps surround your injury site, covering more surface area for deeper cooling.



**Intermittent Compression.** Gently squeezes and releases to remove swelling, stimulate the flow of blood, and conform the wrap to your body.



**Simple Controls.** The system makes it easy to use pre-set programs and quickly customize temperature, compression, and time settings.

\*Based on individual experience, not a manufacturer's claim, results may vary. \*\*Thermal images and skin temperatures taken immediately after 30 minutes of treatment, all devices applied per manufacturer's instructions under identical conditions.  
1. Su EP, Perna M, Boettner F, et al. A prospective, multi-center randomized trial to evaluate the efficacy of a cryoanesthetic device on total knee arthroplasty recovery. J Bone Joint Surg. 2015;Suppl(4A):B13-A.  
2. Wolmanen VJ, Walker JJ, Swales C, et al. The efficacy of combined cryotherapy and compression compared with cryotherapy alone following anterior cruciate ligament reconstruction. J Knee Surg. 2012;26(2):155-60.  
3. Hughes J and Cassard K. Cryotherapy with dynamic intermittent compression for analgesia after arthroscopic cruciate ligament reconstruction. Postgraduate Med J. 2004;80(954):549-55.  
2014;80(954):549-55. 4. As with all RICE applications. & Langstaffe NC, Jone HV, Byrnes R, Nade P. Cryocompression therapy after elective arthroscopy of the hip. Hip Int. 2012;22(3):257-63.  
There are inherent risks in all medical devices. Please refer to the product labeling for Indications, Cautions, Warnings and Contraindications. Refer to [www.gameready.com](http://www.gameready.com) for product safety technical bulletins.

Game Ready is a registered trademark of Avanos Medical, Inc.  
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## FINISH STRONG AND GET BACK TO BEING YOU

After an orthopedic injury or surgery, you play a critical role in the recovery process. The Game Ready® cold and compression system allows you to reduce pain and swelling while reducing the use of opioid medications. All so you can finish strong, maximize your rehab, and get back to the things that matter as quickly as possible.

### Faster, deeper, longer-lasting cooling for proven therapeutic benefits:

- ✓ Reduces your opioid consumption and may allow for earlier discontinuation of opioid medications in certain patients.<sup>1,2,3</sup>
- ✓ Decreases pain and swelling.<sup>1,4</sup>
- ✓ Can increase post-operative range of motion.<sup>3</sup>
- ✓ May increase your satisfaction with the recovery process.<sup>1,5</sup>

*"Game Ready provides a significant decrease in the need for pain medication and at least a 20% faster recovery."*<sup>\*\*</sup>

Peter Millett, MD, MSC | The Steadman Clinic

You play a critical role in your recovery after injury or surgery. Game Ready is here to help.



Trusted by top physicians, professional sports teams, elite athletes, and special military forces around the world, the Game Ready System takes traditional RICE methods [Rest-Ice-Compression-Elevation] to the next level.

### THERMAL IMAGERY SHOWS THAT GAME READY OUT-COOLS THE COMPETITION\*\*





**Innovative wrap design for better comfort and results.**

Anatomically engineered for all major body parts, Game Ready's patented wraps ensure better fit, greater comfort, and circumferential coverage for more effective therapy.