



Pre-Surgical Planning Packet: Dr. Armando Vidal

Thank you for choosing The Steadman Clinic and Dr. Armando Vidal to perform your surgery. To ensure that your pre-operative planning goes smoothly, please refer to your checklist often. You will have continued support from our team to make sure all requirements are met and your pre-operative questions are answered.

Location - TBD based on the date selected with our team

Check In Time: TBD

A member of our team will call you **between 3:00-5:00 PM the business day before your surgery** to provide you with your check-in time for surgery. Most patients will check in between 6:00 AM and 12:00 PM. We do our best to take travel time into consideration, however we create the surgery schedule so the day moves as efficiently as possible for both our patients and our team. We appreciate your understanding and flexibility in the surgery schedule.

No food or drink after midnight the night before surgery as a general rule, unless you've been specifically instructed otherwise by nursing staff of the surgery facility or by a member of Dr. Vidal's team. Gum, candy, ice or chewing tobacco may **not** be consumed prior to surgery check in time.



Pre-Surgery Checklist

| FOR IMMEDIATE ATTENTION: | |
|---|---|
| <input type="checkbox"/> Register Online | Complete your medical history online with One Medical Passport as soon as your procedure has been scheduled. See corresponding attachment for online registration instructions. If you are not able to complete your registration online, please note that you will be required to complete paperwork at check-in. |
| <input type="checkbox"/> Transportation | You must have a driver available to take you home, you will be going under general anesthesia . Your driver must be a friend or family member over the age of 18 years old. You cannot be discharged to a bus, taxi or ride share. You cannot drive yourself for 72 hrs after surgery. If you need assistance scheduling transportation, please call 970-479-5898 to speak with our Concierge Team. |
| <input type="checkbox"/> Pre-Op Medical Clearance | You will be notified by our team if pre-operative medical clearance is required before your surgery. Pre-ops are customarily completed by your Primary Care Physician and supplemented by your Cardiologist (if applicable). This 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. |
| <input type="checkbox"/> Medications | Certain medications should be stopped prior to surgery. These include Aspirin, anti-inflammatory medications such as Advil, Motrin, or Aleve and vitamins and herbal supplements. If you are taking an anticoagulant such as warfarin (Coumadin), Xarelto, Eliquis or Lovenox please contact our office immediately at 970-401-8940. Please otherwise refer to our Medication Reference Sheet in this packet. |
| <input type="checkbox"/> Insurance Authorization | Our insurance team will ensure any prior authorization is obtained prior to your surgery and confirm network participation. A prior authorization is not a guarantee of payment . Final determination of benefits will be made at claims submission and is based on medical necessity and the policies of your plan. |
| <input type="checkbox"/> Travel/ Accomodations | Surgery is an all-day event so please plan accordingly. Most patients will check in between 6:00 AM and 12:00 PM. We cannot guarantee preferences for check-in times but do take travel time into consideration. You may want to consider a hotel room locally the night before surgery to avoid any travel stress the morning of surgery. If you need assistance scheduling accomodations, please call 970-479-5898 to speak with our Concierge Team. |



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|--|--|
| <input type="checkbox"/> Documentation (Forms) | <p>If you require a letter from our team for work or school purposes, please let us know as soon as possible. This includes Short-Term Disability/FMLA Request Form. We are unable to complete this paperwork the day of surgery, it must be before your surgery. Please email us that paperwork or fax (970) 672-0846</p> |
| <input type="checkbox"/> Post-Op Physical Therapy | <p>Physical therapy is an integral part of your recovery and outcome. A prescription will be provided to you in your post-op folder. Many of our patients should start therapy within the first 3-5 days after your surgery. It is OK to wait until 7 days if you are having trouble getting on a physical therapists' schedule until 7 days. Please start scheduling appointments for after surgery at a physical therapy clinic that is convenient for you.</p> |
| <input type="checkbox"/> Crutches/DME | <p>If you already own a pair of crutches, please bring them with you on the day of surgery. If not, our team will provide you with a pair at the time of surgery. If your surgery requires a brace, our team will provide that to you on the day of surgery. We also have a post-op knee equipment handout attached to your email should your surgery require more equipment. If you'd like a Gameready, you are to reach out to them directly for reservations.</p> |
| <input type="checkbox"/> Rescheduling | <p>We request a 72-hour notice of cancellation or to reschedule your surgery. If you need to cancel or reschedule for any reason, please contact Charlotte at 970--401-8946 right away. If you need to cancel your procedure after normal business hours, please contact The Steadman Clinic After Hours Answering Service at 970-476-1100.</p> |



Insurance Reference Sheet

For any insurance questions, please contact 970-476-1100 and ask to speak with the Insurance Specialist for Dr. Vidal

Prior to surgery, our insurance department will call your insurance company for a prior authorization, which may or may not be required by your plan. Please note: **a prior authorization is not a guarantee of payment**. Final determination of benefits will be made at claims submission and is based on medical necessity and the policies of your plan. If your insurance does not cover your surgery, either in full or in part, any remaining balances become the patient's responsibility. Additionally, you may be required to sign a waiver and pay for procedures commonly not covered by insurance.

Insurance contact for The Steadman Clinic: Ana Villegas | 970-479-5895

It is The Steadman Clinic's policy, as well as the Vail Valley Surgery Center, to collect on any: past-due balances, deductibles, co-insurances, out-of-pocket monies prior to your scheduled surgery. An insurance specialist will call you for your payment.

Due to the ever-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 the below information:

Tax ID# 84-1415470

Dr. Vidal NPI (National Provider Identification): 1487635959

Physical Address: 181 W. Meadow Drive #400 Vail, CO 81657

If you have insurance questions for the facility or anesthesia, please find their contacts below:

Vail Valley Surgery Center: 970-569-7439

Anesthesia Partners of Colorado: 970-315-3858

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, meloxicam

Erectile Dysfunction Medications: stop 48hrs prior to surgery- Cialis, Levitra, Viagra

Phentermine: stop 3 weeks prior to surgery

Anti-hypertensive and Cardiac Medications: 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**

Diuretics: stop 24hrs prior to surgery- furosemide, hydrochlorothiazide, Aldactone, metolazone, etc.

Metformin: stop 48hrs before 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, Lamictal etc.

Beta Blockers: Anything ending in *-olol*

Anti-arrhythmic: amiodarone, Digoxin

Anti-hypertensive and Cardiac Medications: clonidine, diltiazem, Diovan, amlodipine, etc.

Statins: fluvastatin, lovastatin, rosuvastatin, simvastatin, etc.

Anti-virals/Antiretrovirals

Thyroid Medications

Acid reflux and heartburn medication- antacids, Prilosec, Nexium, zantac, medication ending in *"azole"*

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**



VAIL VALLEY SURGERY CENTER
EDWARDS

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 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

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.



Important Reminders

- Please notify our team if you have a medical history including the following:
 - Cardiac or Respiratory Conditions (including sleep apnea)
 - History of Methicillin-resistant Staphylococcus Aureus (MRSA) infection
 - High Blood Pressure
 - History of Blood Clots or Clotting/Bleeding Disorders
 - Diabetes
 - Immune or Neurological Conditions
- Do not** eat or drink anything after midnight the night before your scheduled surgery unless you have been specifically instructed otherwise by a member of our team or the nursing staff of the facility where you are scheduled. This includes gum, candy, ice or chewing tobacco.
- Do not** wear contact lenses into the facility the morning of your procedure. Please remember to bring your glasses to complete any paperwork before surgery.
- Do not** wear any jewelry (including wedding rings), hairpins, clips, etc. Please leave any valuables at home.
- If you become sick or develop a cold, persistent cough, sore throat, fever, or any other flu-like symptoms or have recently been prescribed antibiotics by another provider, please contact our office immediately.
 - We do not require COVID-19 testing prior to surgery. If you have been diagnosed with COVID-19 within 6 weeks of your surgery date or have had an exposure to an individual diagnosed with COVID-19 within 2 weeks of your surgery date, please contact our office immediately.
- If there has been any significant change in the condition for which your surgery has been scheduled, please contact our office.
- If you sustain a burn, bug bite, rash, or any break in the skin near the area of your surgery, regardless of size, please contact our office.
- Please have post-operative physical therapy appointments scheduled prior to your surgery. Many PT clinics book up in advance. Please call 970-401-8940 for any recommendations or refer to the sheet in your pre-op email

Leading Up to Surgery

- One Week Prior:** Be sure that you have a responsible family/friend over 18 who will take you to and from surgery. They should be with you for 24-48 hours once done with surgery to monitor. Organize your transportation.
- Three Days Prior:** You should begin to bathe with Hibiclens soap. This may have been provided at the time of your pre-surgical visit. If not, it can typically be purchased at your local convenience store or pharmacy. If you have a known allergy to Hibiclens soap or develop a reaction such as redness, itching, rash, or blistering please discontinue the soap immediately and substitute with an antibacterial soap such as Dial Gold instead. Dial soap can be an alternative for the Hibiclens if you cannot find it.
- One Day Prior: DO NOT** consume any beer, wine or other alcoholic beverages within 24 hours prior to surgery. Alcohol increases the depth of anesthesia required for surgery and may alter the effectiveness of medications administered post-operatively.
- Day of Surgery:** Take your final bath or shower (with Hibiclens soap or other antibacterial soap). Dress in loose, comfortable clothing that will be easy to change into after surgery. Examples of appropriate clothing includes athletic/comfortable shorts, warm-up suit, sweatpants or wide leg pant and supportive tennis shoes.



After Surgery

- Medications:** Post-operative pain medications will be sent to the corresponding facility on-site pharmacy. A friend or family member may pick these up on your behalf while you are in surgery or after you are discharged. **DO NOT** drive or drink alcohol while taking any narcotic pain medications including, but not limited to, Tramadol/ Ultram, Oxycodone, Dilaudid. Common post-operative medications include:
- Oxycodone (pain)
 - Acetaminophen (pain)
 - Colace (stool softener)
 - Ondansetron (anti-nausea)
 - Eliquis or Lovenox (anticoagulation)

If you have any questions regarding medications, please contact 970-401-8940 between the hours of 8:30 AM–5:00 PM Monday through Friday. Outside of regular business hours, please contact The Steadman Clinic on-call provider through the prompts at 970-476-1100.

- Driving:** You will be unable to drive while on narcotic pain medications. Clearance to resume driving requires full weightbearing status through the surgical extremity.
- Air Travel:** We do not recommend air travel within 48–72 hours of surgery. There is a small increased risk of post-operative blood blots associated with air travel after surgery. If your circumstances necessitate air travel prior to 72 hours, please discuss this with your surgical team prior to your scheduled procedure.

Anesthesia + Contact Information: Your surgery will require you to undergo general anesthesia, you will be asleep. If you are having a ligament repair or more invasive procedure, you will have a post-op pain pump that will deliver pain medication directly to the operative joint. This will be reviewed with you from the Anesthesiologist the morning of your surgery, as well as the nurses.

If you have questions regarding your nerve catheter, please contact the anesthesia team:

7:00 AM - 3:00 PM: 970-471-5203 - Nurse's direct line

3:00 PM - 7:00 AM: 970-476-2451 - This reaches the Vail Health Hospital operator. As to be connected to the acute pain service doctor on call.



Quick Reference Sheet

| Team Contact Information | | | |
|--|---|---|--|
| Team Fax: 970-672-0846 | | | |
| Administrative Phone: 970-401-8946 | | Clinical Phone: 970-401-8940 | |
| Charlotte Peoples Practice Manager P: 970-401-8946 | Staci Palmore, PA Physician Assistant P: 970-401-8946 | Jessie Alden, PA Physician Assistant P: 970-401-8946 | Kaitie Mast, ATC Athletic Trainer P: 970-401-8940 |
| Contact for: General Questions Surgical Scheduling Post-Op Appointments Logistics + Billing | Contact for: Medication Questions Medication Refill Requests Post-Op Care Questions Physical Therapy Questions | | Image Reviews Case Reviews FMLA/Short Term Disability Dressing & Cast Questions |

| Other Contact Information | |
|--|--|
| The Steadman Clinic: Medical Records Requests for Operative Reports, MRI, X-rays, Office Visit Notes | Medical Records: 970-476-1100 |
| The Steadman Clinic: Concierge Team Hospitality questions including travel plans, hotel accommodations, etc. | Concierge Team: 970-479-5898 concierge@thesteadmanclinic.com |
| The Steadman Clinic: Surgical Authorizations or Financial Concerns | Insurance Team: 970-476-1100 |
| Vail Valley Surgery Center- Surgery Center | Vail Valley Surgery Center: 970-477-8209 |
| Anesthesia Partners of Colorado | Elizabeth O'Neil: 970-315-3858 |

GAMEREADY ICE + COMPRESSION MACHINE

(970)-471-6267

vail.gameready@gmail.com

Please call the number above 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 for general information

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.**

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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

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*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, Perrin M, Boehmer F, et al. A prospective, multi-center randomized trial to evaluate the efficacy of a cryotherapeutic device on total knee arthroplasty recovery. *J Bone & Joint Surg*. 2012;94(19):1519-24.
2. Mollman VE, Walker JJ, Swartz C, et al. The efficacy of combined cryotherapy and compression compared with cryotherapy alone following anterior cruciate ligament reconstruction. *J Knee Surg*. 2012;25(10):105-10.
3. Huggler J and Cassard X. Cryotherapy with dynamic intermittent compression for analgesia after anterior cruciate ligament reconstruction. *Postoperative Study Orthopedic Surg Res*. 2014;20(1):309-312. 4. As with all RICE applications. © Langston NC, Inc. HSN, BSN, B, Nite P. Cryocompression therapy after elective arthroscopy of the hip. <http://www.gameready.com>.
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 for product safety technical bulletins.

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