



We have you scheduled for surgery with Dr. Leslie Vidal on _____

**You will check in at Vail Health Hospital– Vail
South Frontage Road, Vail, CO**

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

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 4 hours prior to your check-in time. **Nothing is allowed by mouth within the 4 hours leading up to your check-in time. *This includes gum and chewing tobacco.**

Please see attached “Pre-Op Medication Reference Sheet**” for a complete list of medications that should be discontinued or modified prior to surgery.**

Checklist of tasks to complete before the day of surgery:

Day-of-Surgery Game Plan:

Surgery is an all-day event so please plan accordingly. If you have a morning surgery scheduled, you might want to consider a hotel room in the Vail 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.

After surgery, patients must be discharged to a responsible party following their procedure – be sure you have arranged a ride home by a responsible adult; you cannot drive yourself home from surgery.

Post-Op Physical Therapy:

Dr. Vidal would like you to begin Physical Therapy starting approximately one week after surgery. Please let us know if you have a physical therapist that you would like to see. If you do not, we are more than happy to give some references of Physical Therapists that Dr. Vidal recommends.

We will provide you with a physical therapy script either at the time of surgery or at your first post-operative appointment. We recommend you set up your post-op physical therapy visits prior to surgery when possible, so there are no scheduling issues. It is your responsibility to schedule your post-op physical therapy appointments at your earliest convenience.

If applicable: Complete Your Pre-Op Medical Clearance:*

You will be notified by our team if a pre-operative medical clearance is required for your surgical procedure. Pre-ops are customarily completed by your Primary Care Physician. They must be completed within 30 days of your surgical procedure. **RESULTS MUST BE FAXED TO OUR OFFICE AT: 970-237-5599. If these results are not received by our team within 4 business days prior to your surgery, we will reschedule your procedure.**

Post-Op Appointments:

Dr. Vidal's team will set up your first two post-op appointments at the time that your surgery is scheduled; She sees patients in both the Vail and Frisco locations. Please contact us at: (970) 476-3375 if you need to change or modify your post-op appointments.

Work Letter, School Letter, FMLA Paperwork, Ski Pass Reimbursement:

If you need a letter from your doctor for work or school purposes, please let us know as soon as possible. Please email those forms to our Athletic Trainer, Samantha Genno, ATC at sgenno@thesteadmanclinic.com and she will get them taken care of.

Rescheduling your surgery:

If you need to reschedule your surgery please call our office **IMMEDIATELY**. Our direct line is (970) 476-3375

DIRECTIONS Vail Health Hospital

181 West Meadow Drive
Vail, CO 81657

From Denver (East) to Vail (West)

Start by taking I-70 East towards Vail

Exit I-70 at Exit 176

Follow the roundabout all the way around towards Vail Village (under the Intersate)

Enter the second roundabout and exit at the first right headed towards Lionshead and the Hospital

The Vail Health Hospital will be on the left

Parking attendants are available for drop-off assistance and valet parking upon request

From Eagle (West) to Vail (East)

Start by taking I-70 East towards Vail

Exit I-70 at Exit 176

Follow the roundabout all the way around towards Vail Village (under the Intersate)

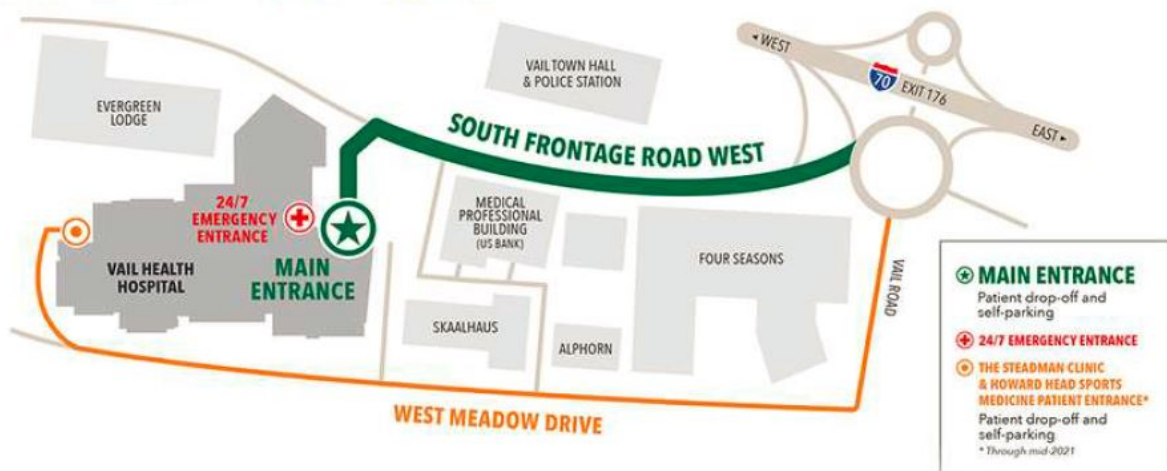
Enter the second roundabout and exit at the first right headed towards Lionshead and the Hospital

The Vail Health Hospital will be on the left

Parking attendants are available for drop-off assistance and valet parking upon request

NOW OPEN

NEW HOSPITAL ENTRANCE 180 SOUTH FRONTAGE ROAD WEST



Leslie B. Vidal, MD

Shoulder, Knee, Hip 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**

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INSURANCE / FINANCIAL

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 our:

Tax ID #: 84-1415470

Physical Address: 181 West Meadow Dr. 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 your 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 balance / deductibles / co-insurances / out of pocket monies prior to your scheduled surgery. A Surgical Authorization Specialist from our clinic will call you for your payment.

If you have any questions regarding insurance of payment, please reach out to:
Alyssa Choate at (970) 479-6558

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 these charges, direct contacts are listed below:

- Facility: Vail Health
 - Regarding Estimates: (970) 777-2902
 - Existing Bills: (888) 356-1916
- Anesthesia Partners of Colorado
 - Elizabeth: (970) 315-3858
- Durable Medical Equipment (DME)
 - (970) 476-1100 - Ask for DME department
- Howard Head Sports Medicine (Physical Therapy Office)
 - Main Line: (970) 476-1225

Alyssa is here to help make this process easier, so if you do have any questions, she is available via email at achoate@thesteadmanclinic.com or by phone at (970) 479-6558.

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Frequently Asked Questions:

May I Drive?

You may not drive for 24 hours after your operation or while taking narcotic pain medication such as Vicodin or Percocet. Please talk to Dr. Vidal or a team member to determine when it is safe to drive following your specific procedure.

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, constipation. 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.

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 2-3 days after surgery if pain is tolerable. Return to heavy labor or excessive ambulatory activities will be determined by your doctor. Please talk to Dr. Vidal or a team member to determine when it is safe for you to return to work following your specific procedure.

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PRE-HAB PROGRAM

If you are scheduled for surgery, your physician may want you to attend a Pre-Hab session. This session will be scheduled with one of our physical therapists prior to your surgery. It is designed to help you prepare for your surgery and post-operative course. Our therapists work very closely with our surgeons and understand the intimate details of their protocols. The education and instruction provided in these Pre-Hab visits will ensure a smooth transition following surgery to help you achieve the best possible outcome from your procedure.

WHAT TO EXPECT AT YOUR PRE-HAB SESSION:

A physical therapist will perform an evaluation of current pathology and associated functional limitations as well as provide you with an overview of the entire rehabilitation process including:

- Fitting and issuing specific durable medical equipment (DME) i.e. slings, braces, crutches, etc.
- Post-op restrictions specific to your injury and procedure
- Early post-operative exercises
- Education of the signs and symptoms of infection or blood clot
- Wound care, bathing and grooming
- Sleep posture, mobility training and transfers after surgery
- Post-operative use of ice machine and ice pad

If you have further questions or need to schedule a pre-hab appointment, please call Howard Head Physical Therapy.

Howard Head Vail location: 970-479-5157

Howard Head Frisco location: 970-668-3169

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One Medical Passport

Thank you for choosing Vail Health Hospital for your surgical needs. Please fill out your registration and medical history on-line with One Medical Passport. This will help expedite your admission process.

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, dosage, and frequency
- A list of all surgical procedures you have had and their approximate dates

Click on the link below to access One Medical Passport

<https://www.onemedicalpassport.com/lobby/lobby.asp?fid=659>

To access One Medical Passport from the Vail Health website:

- Go to www.vailhealth.org
- Click on Services on the top blue bar
- Go to Surgery
- Then go to Vail Health Surgical Services
- Finally, click on the One Medical Passport icon and you'll be sent to the One Medical Passport website

A nurse from our staff will be contacting you with specific instructions regarding your surgery. Feel free to call our office with any questions. Our number is (970) 479-5144

GAMEREADY ICE + COMPRESSION MACHINE

(970)-471-6267

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 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.**

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.



To rent Game Ready® hassle-free for your recovery, please talk to your physician or visit gameready.com.

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888.426.3732 | +1.510.868.2100 | 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. Klavsky, Patient



*Based on individual experiences, 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, Boehmer 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. 2012;94(9A):1513-6.
2. Mollerma VJ, Walker JJ, Swaine 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. Hugel J and Cassard X. Cryotherapy with dynamic intermittent compression for analgesia after anterior cruciate ligament reconstruction. Postoperative study. Orthop J Sport Med. 2014;20(1):309-312. 4. As with all RICE applications & language NC, Joe HW, Broke S, Noh P. Cryocompression therapy after elective arthroscopy of the hip. Hip Int. 2012;22(10):527-533.
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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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.



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



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



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

GAME READY ICE + COMPRESSION MACHINE

(970)-471-6267

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.^{1,3}
- ✓ Decreases pain and swelling.^{1,4}
- ✓ Can increase post-operative range of motion.³
- ✓ May increase your satisfaction with the recovery process.^{1,5}

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

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.



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.



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**

