



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

**You will check in at Vail Valley Surgery Center – Vail  
South Frontage Rd, Vail, CO**

The Vail Valley Surgery Center is in the same building as Vail Health Hospital, as well as The Steadman Clinic, Vail. This may be different than where you have seen Dr. Vidal in clinic See attached directions.

**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 or liquid consumption within 8 hours of check-in to the surgical facility. Nothing is allowed by mouth within the 8 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/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.

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 Valley Surgery Center - Vail

#### From Denver (East) to Vail (West)

Start by taking I-70 East towards Vail

Exit I-70 at Exit 176

Follow the roundabout half-way around and exit in the direction of Vail Village (under the Interstate)

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

When entering hospital, you will continue straight past the Starbucks

Admissions for the Vail Valley Surgery Center is on the right behind the Pharmacy

#### From Eagle (West) to Vail (East)

Start by taking I-70 East towards Vail

Exit I-70 at Exit 176

Enter the 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

When entering hospital, you will continue straight past the Starbucks

Admissions for the Vail Valley Surgery Center is on the right behind the Pharmacy



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



## 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 Valley Surgery Center – Vail
  - Brigette Carter: (970) 569-7439
  - Eileen Ehinger: (970) 477-8209
- Anesthesia Partners of Colorado
  - Elizabeth: (970) 315-3858
- Durable Medical Equipment (DME)
  - (970) 476-1100 - ask for DME
- 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](mailto:achoate@thesteadmanclinic.com) or by phone at (970) 479-6558.

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**181 West Meadow Drive, 3R  
Vail, CO 81658  
970-476-8872**

## **Online Patient History Instructions**

Welcome to the Vail Valley Surgery Center Vail. 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 "Patient Resources" link on our home page
- 3) Select the "Online Check-In" link
- 4) Select the "One Medical Passport-Vail" 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.

***Note: If you are not able to complete your history online, you will be required to complete the hard copy forms at check-in. We also ask that you please call our Pre-op nurse between 10:00 and 4:00 at 970-569-7400 as soon as possible to discuss your health history. You will still need to have the above information available when you call. Please allow 20-30 minutes for this call.***

## **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 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.



## 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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## 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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# 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](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. Klavsky, Patient



\*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, 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(19):1513-6.  
2. Mollerma 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;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 Traumatol Surg Res. 2014;100(1):109-112. 4. As with all RICE applications. J Langston NC, Jone HW, Broth R, 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](http://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.

# GAMEREADY 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.<sup>1,3</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."*\*\*

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\*\*

