



**THE STEADMAN CLINIC**

AND

**STEADMAN PHILIPPON RESEARCH INSTITUTE**



U.S. OLYMPIC  
NATIONAL  
MEDICAL CENTER

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

**You will check in at Dillon Health Center  
365 Dillon Ridge Rd Dillon, CO 80435**

**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. Please call 970-479-1580 for recommendations.

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) 479-1580 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 team at **TeamLVidal@thesteadmanclinic.com** and they 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) 479-1580.



# Dillon Health Center Directions

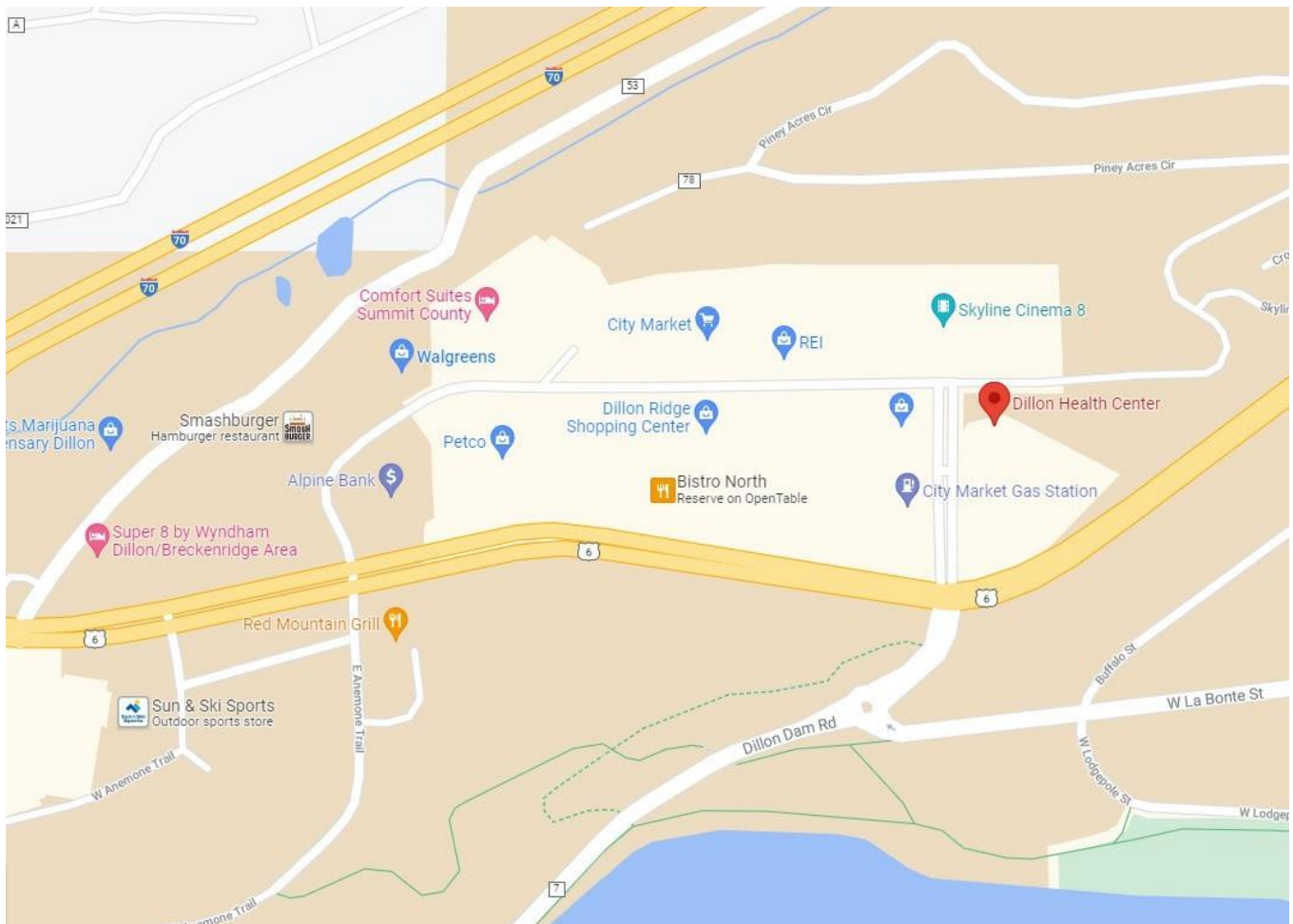
365 Dillon Ridge Rd  
Dillon, CO 80435

## From Denver (East)

1. Take exit 205 from I-70 West
2. Turn left onto Blue River Parkway
3. Continue onto US-6E toward Silverthorne/Dillon
4. Turn left onto N. Dillon Dam Road
5. Turn right onto Lookout Ridge Dr. and immediately turn right into the Dillon Health Center parking lot

## From Glenwood Springs (West)

1. Take exit 205 from I-70 East toward US-6 E
2. Keep right at the fork, merge onto US-6 E for Silverthorne/Dillon
3. Turn left onto N. Dillon Dam Road
4. Turn right onto Lookout Ridge Dr. and immediately turn right into the Dillon Health Center parking lot



## **SURGERY 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 or payment, please reach out to: Ana Villegas at (970) 300-3022.

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
  - 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

Ana is here to help make this process easier, so if you do have any questions, she is available via email at [AVillegas@thesteadmanclinic.com](mailto:AVillegas@thesteadmanclinic.com) or by phone at 970-300-3022.

**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
- **Injectable Weight Loss Medications:** stop 2 weeks prior to surgery- Wegovy, Ozempic, Victoza, Mounjaro, etc.

### 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, please 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 cardiac 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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## **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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## 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.





To provide you with excellent care, we ask that you complete your health history through our secure online portal. This software allows you to update and use your health history for future appointments.

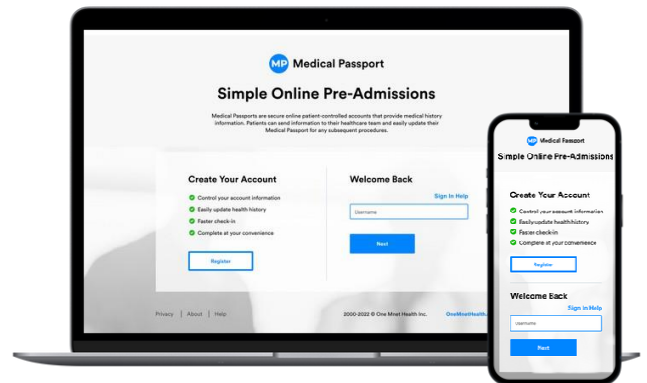
## How to Complete Your Medical Passport Online

You may receive a text or email message about completing your online history through Medical Passport. Please follow the links in the message to complete, or go directly to [www.OneMedicalPassport.com](http://www.OneMedicalPassport.com) and follow the instructions below.

### New Users:

Click 'Register' to create your first Medical Passport.

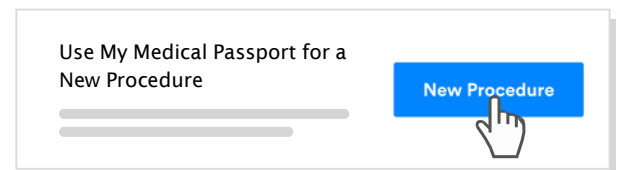
1. Enter your demographic information to create your account.
2. Answer the questions to complete your online health history.



### Returning Users:

If you've previously created a Medical Passport Account, you will need to log in to update your health history.

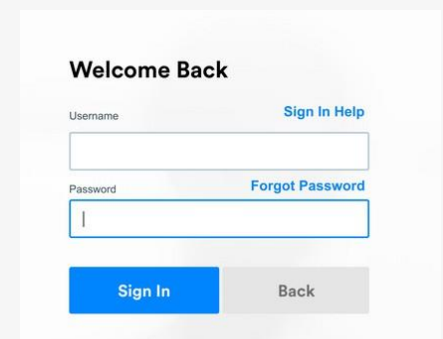
1. Enter your original username in the 'Welcome Back' area.
2. Once you've successfully logged back into your account, click on the button located on the top right of the page.



### Forgot Username and/or Password?

- Click '[Sign In Help](#)' if you don't remember the username you created upon initial registration.
- Click \*'[Forgot password?](#)' if you don't remember your password and we will guide you through an automated reset process.

*\*The '[Forgot password](#)' link will only show after you have entered an existing username.*



## 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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## FINISH STRONG AND GET BACK TO BEING YOU

### Get next-level cold and compression therapy

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 patient 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>
- ✓ **May increase patient satisfaction** with the recovery process.<sup>1,5</sup>

Game Ready can be found in the most prestigious orthopedic centers, athletic training facilities, and physical therapy clinics worldwide.

Interested in renting a Game Ready® cold and compression system for your injury or surgery recovery? Contact your local authorized representative today.



Shoulder Wrap    Hip/Groin Wrap    Straight Knee Wrap



**Scan to Rent  
Today and  
Start Your  
Recovery  
Right – Speed  
Up Healing  
with Game  
Ready Cryo-  
Compression!**

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



**Alister Ratcliff**  
970-764-7232  
alister.ratcliff@avanos.com

**Brandon Turmelle**  
970-306-2430  
brandon.turmelle@avanos.com

1. Su EP, Pema M, Boettner F, et al. A prospective, multi-center randomized trial to evaluate the efficacy of a cryopneumatic device on total knee arthroplasty recovery. J Bone & Joint Surg. 2012;SuppA(94-B):153-6. 2. Waterman W, Walker JJ, Swains C, et al. The efficacy of combined cryotherapy and compression compared with cryotherapy alone following anterior cruciate ligament reconstruction. J Knee Surg. 2012;25(02):155-160. 3. Murgier J and Cassard X. Cryotherapy with dynamic intermittent compression for analgesia after anterior cruciate ligament reconstruction. Preliminary study. Orthop Traumatol Surg Res. 2014;100(3):309-312. 4. As with all RICE applications. 5. Leegwater NC, Jore HW, Brohet R, Nolte P. Cryocompression therapy after elective arthroplasty of the hip. Hip Int. 2012;22(05):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.

# The NICE1 Cold + Compression Therapy System

ENGINEERED FOR THE COMEBACK

**The NICE1 uses advanced technology** to greatly improve the convenience and efficacy of cold + compression therapy without ice.

NICE1 delivers precise cold therapy without ice. It also provides programmable pneumatic compression which is proven to reduce edema and speed recovery. NICE1 integrates these highly effective therapies in a small (8 x 8 x 8 inches) and lightweight (9 lbs.) package with an easy-to-use touch screen interface.

## COMEBACK STORY

“Not having to refill the machine with ice is incredibly convenient, especially when you’re recovering from surgery.”

### LAUREN NE ROSS

Olympic Skier



#### NO ICE

NICE1 is an iceless system. This is a clear point of differentiation when compared with other cold therapy devices.

#### SMALLER & LIGHTER

NICE1 is the smallest and lightest cold + compression therapy device on the market.

#### SIMPLICITY

NICE1 has an extremely intuitive graphical touch screen interface that makes it easy to operate.

#### DESIGN-FORWARD

NICE1 is focused on a superior user experience, blending pro-tested design with state-of-the-art technology.



# NICE1 is a breakthrough

product in the sports medicine market, a market that increasingly relies on both technology and design.

We've worked with top surgeons, engineers and industrial designers to create a superior product.



## COOLING

State-of-the-art technology delivers therapeutic cooling without ice. The most convenient way to apply cold therapy.



## COMPRESSION

Programmable intermittent and constant compression greatly improves the effectiveness of cold therapy and promotes healing.



## RECOVERY

By combining the therapeutic benefits of cooling and compression in a single easy-to-use device, recovery times are greatly improved.



# NICE

### For more information:

Call (888) 815-9907,  
Email [info@nicerecovery.com](mailto:info@nicerecovery.com)  
Fax (303) 568-7470

### Location:

2205 Central Ave  
Unit A  
Boulder, CO 80301

[NICERECOVERY.COM](http://NICERECOVERY.COM)



PROUDLY MADE  
IN COLORADO

Questions? Please contact our local representative, BJ Hollis. 970-431-0606 or [bj@shop-recovery.com](mailto:bj@shop-recovery.com)  
Two-way shipping or local delivery is available. \$300/14 day rental.



## **CONTACT LIST**

### **Dr. Leslie Vidal Team (970) 479-1580**

- Clinical Questions/Concerns, prescription refills, post-op care, pain concerns etc.
- Administrative questions, changing appointments, etc.

### **Ana Villegas 970-300-3022**

- The Steadman Clinic Insurance Specialist – questions regarding insurance prior to surgery

### **The Steadman Clinic Billing Management (866) 942-2688**

- Questions regarding your bill from The Steadman Clinic

### **Vail Valley Surgery Center**

- Questions regarding your bill from the Vail Valley Surgery Center
- Eileen Ehinger: (970) 477-8209
- Brigette Carter: (970) 569-7439

### **Anesthesia Partners of Colorado**

- Elizabeth (970) 315-3858

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### **Durable Medical Equipment (DME) (970) 476-1100 - ask for DME**

- Questions about your crutches, brace, or sling

### **Medequip CPM Rental (970) 476-7701**

### **GameReady Ice Machine Rental**

- Brandon Turmelle – (970) 306-2430
- Alister Ratliff – (970) 764-7232

### **NICE Machine Rental (970) 431-0606**

- BJ Hollis – Local Representative





**U.S. OLYMPIC & PARALYMPIC  
NATIONAL  
MEDICAL CENTER**



**LESLIE VIDAL, MD**  
**SHOULDER, HIP, KNEE AND SPORTS MEDICINE**



**TJ RESEIGH, PA-C**  
**PHYSICIAN ASSISTANT**  
**(970) 479-1580**



**LINDSAY ASTON, PA-C**  
**PHYSICIAN ASSISTANT**  
**(970) 479-1580**



**SAMANTHA GENNO, MBA, LAT, ATC**  
**PRACTICE MANAGER**  
**(970) 479-1580**

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.