



## **Pre-Surgical Planning Packet**

**Location: Vail Valley Surgery Center, Edwards - 320 Beard Creek Road #100 Edwards, CO 81632**

*\*This is a different location than where you saw Dr. Sachar in Clinic\**

**Check-In Time:** To be determined one business day prior to surgery- will contact via phone between 1-5pm

**NPO:** Per Anesthesia and regulatory guidelines, there is to be **no food consumption within 10 hours** of check-in to the surgical facility. You may drink **clear fluids up to 3 hours** (including water, Gatorade, or black coffee). Gum, candy, or chewing tobacco may NOT be consumed for 3 hours prior to surgery arrival time.

### **Checklist of Pre-Surgical Tasks to Complete Prior to Surgery**

- ☐ **Ride Coordination:** 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.**
- ☐ **Travel Plans:** 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 or email at [concierge@thesteadmanclinic.com](mailto:concierge@thesteadmanclinic.com)
- ☐ **Save Post Op Appointment:** Dr. Sachar's team will set up your first post-op appointments at the time that your surgery is scheduled; He sees patients in both the Vail and Frisco locations. Please contact Carmen at (970) 479-5853 if you need to change or modify your post-op appointments.
- ☐ **One Medical Passport:** Complete One Medical Passport for facility or call Pre-Op Nurse.
- ☐ **Rescheduling:** If you need to reschedule for any reason, please contact Carmen at 970-479-5853.

### **Optional/If Applicable**

- ☐ **Documentation (FMLA):** 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 [teamsachar@thesteadmanclinic.com](mailto:teamsachar@thesteadmanclinic.com)
- ☐ **Post-Op Therapy:** Therapy may be recommended for your procedure. Please assure this has been coordinated prior to the day of surgery. Please contact our team if you need a therapy practice recommendation in your area.
- ☐ **Call Insurance:** Our insurance team will assure any prior authorization is obtained prior to your surgery and confirm network participation. If you'd like to confirm on your own, we always recommend to call on your policy.
- ☐ **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) 458-4585. If these results are not received by our team within 4 business days prior to your surgery, we will reschedule your procedure.



### **Optional: ERAS Recommendations for Acetaminophen**

Anesthesia Partners of Colorado are proud to present the most advanced and up to date recommendations for preparing you, our patients, for your upcoming surgical experience. The Enhanced Recovery after Surgery (ERAS) protocol was developed and specifically tailored to our patients here at Vail Health. It is designed to achieve your best surgical experience possible based on the latest clinical research available.

The protocol is based on thousands of studies looking at surgical outcomes worldwide over the last 25 years. The concept is simple. If patients are encouraged to maintain a nutritional steady state throughout the surgical period they will feel better and heal quicker. Allowing a patient to have safe nutrition a few hours before surgery is crucial in maintaining “physical neutrality” and optimizing outcomes.

In addition, building up substantial levels of the pain medicine acetaminophen (Tylenol) in the body before surgery leads to a quicker recovery and less overall pain for our patients. These concepts are not new, but they have been refocused and refined to our specific patient population here in Vail. Our ultimate goal is to enhance your recovery and improve overall satisfaction with your surgical outcome.

**Do NOT** take any other Tylenol products including Tylenol Allergy, Oxycodone, Norco, Percocet, Vicodin, Actifed, Excedrin, Mucinex, etc. Please check all labels before taking any other medications.

**Do NOT** follow the below guideline if you have pre-existing liver disease.

**Do NOT** follow the below acetaminophen steps if you are having a local anesthesia procedure.

### **Day Before Surgery Tasks**

☐ **2:00-3:00pm:**

Take Two (2) Extra Strength Acetaminophen (1000mg total) with 8 ounces of water

**OR** Take Three (3) Regular Strength Acetaminophen (975 mg total) with 8 ounces of water.

☐ **Bedtime:**

Take Two (2) Extra Strength Acetaminophen (1000 mg total) with 8 ounces of water.

**OR** Take Three (3) Regular Strength Acetaminophen (975 mg total) with 8 ounces of water.

☐ **Nutrition:** The evening prior to surgery, eat a well-balanced diet - avoid alcohol and fatty foods.

Stop all solid foods 10 hours prior to scheduled surgery. Clear liquids are encouraged up until 2 hours prior to your scheduled surgery check in (including water, Gatorade, or black coffee- no sugar or cream).

### **Day of Surgery Tasks**

☐ Clear Liquids **ONLY** within 10 hours to surgery

☐ **Two Hours Prior to Check In:**

Drink one 10-ounce

**Ensure Pre-Surgery Clear Carbohydrate Drink**

**OR** 10-ounce Gatorade

***\*no other Ensure brand drinks or substitutes\****





## **Directions**

### **Vail Valley Surgery Center- Edwards**

320 Beard Creek Road #100  
Edwards, CO 81632

#### **From the East (Vail, Denver)**

1. Head west on I-70
2. Take Exit #163 toward Beard Creek Road
3. Take your first right in the roundabout
4. take the second right in the second roundabout, up Beard Creek Road
5. Travel uphill less than 1/2 mile
6. Edwards Medical Campus will be on your left, the second entrance will take you directly to registration, which is in the northwest corner

#### **From the West (Eagle, Grand Junction)**

1. Head east on I-70
2. Take Exit #163
3. Take your third right in the roundabout, heading north under I-70
4. Take your second right in the third roundabout, up Beard Creek Road.
5. Travel uphill less than 1/2 mile
6. Edwards Medical Campus will be on your left, the second entrance will take you directly to registration, which in the northwest corner





## **Medication Reference Sheet**

For any medication questions, please contact Jonathan Desillier, PA at 970-485-0494

### **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 Medication**
- **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 Reference Sheet**

For any insurance questions, please contact Carmen Moscarillo at 970-479-5853  
or Stephanie Littlefield, Insurance Specialist at 970-401-8725

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.

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. Either an insurance specialist or practice coordinator from our team 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. Sachar NPI (National Provider Identification): 1649218116

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, Edwards- 970-569-7400

Anesthesia Partners of Colorado: 970-315-3858



## **Registration- One Medical Passport**



Vail Valley Surgery Center requests that you fill out your registration and medical history online with One Medical Passport as soon as your procedure has been scheduled. This process will help expedite your admission, additionally 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 name address 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://www.vailvalleysurgerycenter.com>
- 2) Click the "Patients" link on our home page
- 3) Click the "Edwards Medical Passport" link
- 4) Check the box to accept the [Terms of Use](#) and click "Register for a Medical Passport"
- 5) Complete the registration and medical history screens, click 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 unable to complete your history online, please call our Pre-op nurse between 10:00 and 4:00 at 970-569-7400 as soon as possible to complete your health history. You will still need to have the above information available when you call. Please allow 20-30 minutes for this call.**

### **Returning Surgical Patients to VVSCE**

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.



## **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.



## Quick Reference Sheet

Team Contact Information		
Team Fax: 970-458-4585		
<b>Carmen Moscarillo</b> Practice Coordinator Ph: 970-479-5853 <a href="mailto:cmoscarillo@thesteadmanclinic.com">cmoscarillo@thesteadmanclinic.com</a>	<b>Jonathan Desillier</b> Physician Assistant Ph: 970-485-0494 <a href="mailto:teamsachar@thesteadmanclinic.com">teamsachar@thesteadmanclinic.com</a>	<b>Kate Stoltz</b> Athletic Trainer Ph: 970-479-5886 <a href="mailto:teamsachar@thesteadmanclinic.com">teamsachar@thesteadmanclinic.com</a>
General Questions Surgical Scheduling Post Op Appointments Insurance Questions	Medication Questions Dressing & Cast Questions Post Op Care Questions	FMLA & Short Term Disability Physical Therapy Requests

## Quick Overview of Tasks Prior to Surgery

- Anytime Prior to Surgery: Complete Tasks on Page 1 (Required)
- 3 Days Prior to Surgery: Begin using Hibiclens Soap in the shower daily
- 1 Day Prior to Surgery: Follow ERAS Recommendation for Acetaminophen (Recommended)
  - Stop eating food 10 hours prior to scheduled check in
- Morning of Surgery: Follow ERAS clear liquid 2 hours prior to check in (Recommended)
  - Stop drinking any clear liquids 2 hours prior to check in