



Surgery: \_\_\_\_\_

Post Op Visit: \_\_\_\_\_

## Patient Pre-Surgical Planning Packet

### Scan this QR Code

to save our contact information & complete pre-surgery directions for easy access.

Go to [kavisacharmd.com](http://kavisacharmd.com) if you lose these directions are unsure of next steps.



### Aspen Valley Hospital

401 Castle Creek Road, Aspen, CO 81611

### Check In Time: TBD

A member of our team will call you **between 1:00-5:00pm the day before your surgery** to give your check-in time for surgery. Most patients will check in between 6:00 AM and 1:00 PM. You may contact Carmen to provide a preference of check in. This is not a guaranteed but we do take travel time into consideration.

**No food within 8 hours of your check in time. Clear liquids up to 3 hours are acceptable** (including water, Gatorade, or black coffee). Gum, candy, or chewing tobacco may NOT be consumed for 3 hours prior to surgery check in time.

### Pre-Surgery Steps (4 To Do's)

1. <b>Pre-Op Hygiene</b>	Shower or bathe 4 times with CHG 4% liquid soap (hibiclens) prior to surgery. See packet for detailed directions.
2. <b>COVID Test</b>	A negative COVID is required by AVH prior to surgery. Please call 970-544-1327 to coordinate.
3. <b>Transportation</b>	You <b>must</b> have a driver to take you home, <b>even if you only have local anesthesia</b> . If you need help with a ride, please call 970-479-5898 to speak with Concierge.
4. <b>Medications</b>	Certain medications should be stopped prior to surgery. Please call Jonathan at 970-485-0494 with medication questions.



## **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.**
- COVID Testing:** A negative COVID test is required by the hospital prior. We've sent an order for testing and you may call 970-544-1327 to coordinate.
- 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.
- 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)



## Pre-Surgical Planning – Infection Prevention



Thank you for choosing Aspen Valley Hospital 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.



## **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 call 970-476-1100 and ask to speak with the Insurance Specialist for Dr. Sachar

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 Health Hospital: 970-476-2451

Anesthesia Partners of Colorado: 970-315-3858



## Dr. Kavi Sachar Team Contact Information

**Phone:** 970-479-5886

**Fax:** 970-458-4585

**Email:** [teamsachar@thesteadmanclinic.com](mailto:teamsachar@thesteadmanclinic.com)

**Website:** [Kavisacharmd.com](http://Kavisacharmd.com)



Carmen Moscarillo  
*Practice Coordinator*

Direct: 970-479-5853  
Cell: 970-471-6070

Surgery Scheduling  
General Practice Questions



Jonathan Desillier  
*Physician Assistant*

Cell: 970-485-0494

Medication Requests  
Post-Operative Planning  
Acute Pain Questions



Kate Stoltz  
*Athletic Trainer*

Phone: 970-479-5886

Therapy Questions/Requests  
Short Term Disability & FMLA

- **Schedule a Clinic Visit** or Virtual Visit: 970-476-1000, Centralized Scheduling
- **Request Medical Records** (for yourself or to another facility): 970-476-1100, Medical Records
- **How To Get Imaging To Us:** [kavisacharmd.com](http://kavisacharmd.com) > Go To Resources > Select 'Imaging' > Select 'How to Send Your Imaging' from the left toolbar