



Patient Pre-Surgical Planning Packet

Vail Health Hospital

181 W. Meadow Drive Vail, CO 81657

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

Check-In Time: TBD

A member of our team will call you **between 1:00-5:00 PM 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 Clara to provide a preference for check-in. This is not 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 prior 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.

Surgery Date: _____

Post-Op Visit: _____

Pre-Surgery Steps (4 To-Dos)

1. Pre-Op Hygiene	Shower or bathe 4 times with CHG 4% liquid soap (Hibiclens) prior to surgery. See packet for detailed directions.
2. Register Online	Complete online registration (One Medical Passport) for the facility prior to surgery. See page 3 of the packet for directions.
3. Transportation	You must have a driver to take you home, even if you only have local anesthesia . If you need help with a ride, please call 970-479-5898 to speak with concierge.
4. Medications	Certain medications should be stopped prior to surgery. Please call our medical team at 970-479-5886 opt 5 for 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 with a responsible adult. **You cannot drive yourself home from surgery.**
- Register Online:** See the next page of this packet for how to register with the facility online ahead with One Medical Passport. Please ensure you complete One Medical Passport for the facility or call the Pre-Op Nurse at 970-479-5144 to go over your personal health information.
- Rescheduling:** If you need to reschedule for any reason, please contact Clara 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.
- Post-Op Therapy:** Therapy may be recommended for your procedure. Please ensure 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 ensure 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 calling on your policy.
- Pre-Op Medical Clearance:** You will be notified by our team if a preoperative 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. You can contact them by phone, 970-479-5898, or email at concierge@thesteadmanclinic.com.



Registration- One Medical Passport



Vail Health Hospital 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, go to this website & register:

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

OR to access One Medical Passport from the Vail Health Website:

- Go to www.vailhealth.org
- Click on 'Services' on the top blue bar
- Select 'Surgery'
- Select 'Vail Health Surgical Services'
- Select 'One Medical Passport' Icon
- Complete Registration

Note: A nurse from VHH staff will be contacting you with specific instructions regarding your surgery. Feel free to call their office with any questions at 970-479-5144.

Returning Surgical Patients to VHH

If you have already registered, you may go directly to www.onemedicalpassport.com

In the lower left corner of the screen, select '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 Health 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 antimicrobial soaps used prior to surgery. Everyone's skin has germs; this soap can reduce the number of germs on your skin and help 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 once 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 bath water.

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 chapstick 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 our medical team at 970-479-5886 opt 5

Medications that should be discontinued prior to surgery:

- **Aspirin:** stop 2 weeks prior to surgery if **no** cardiac, carotid, or vascular stents.
- **NSAIDs: ONLY** stop 2 weeks prior to surgery if you are receiving PRP injection: Ibuprofen, Advil, Aleve, Naprosyn, Diclofenac, Piroxicam, Meloxicam. Please contact the office if you are unsure if you are receiving PRP.
- **All Vitamins/Herbal Supplements:** stop 2 weeks prior to surgery: turmeric, ginkgo, fish oil, vitamin C, vitamin E, etc.
- **Erectile Dysfunction Medications:** stop 48 hours 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:** Carbidopa, 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**



Insurance Reference Sheet

For any insurance questions, please contact Clara Livermore 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, and/or 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



Directions

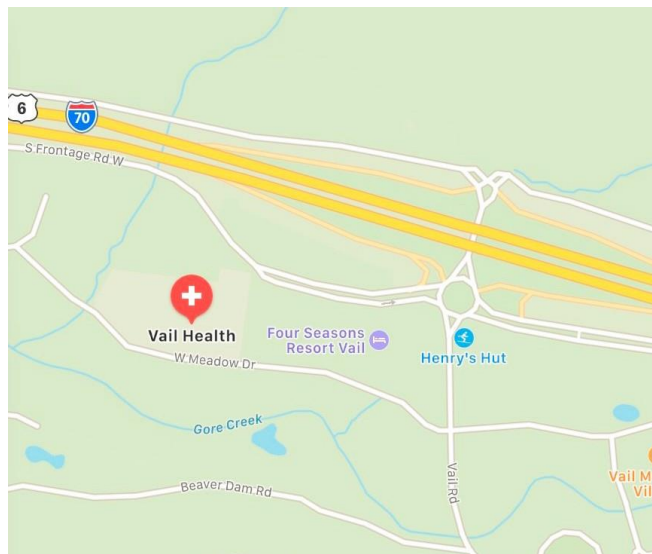
Vail Health Hospital
181 West Meadow Drive
Vail, CO 81657

From Denver (East) to Vail (West):

1. Start by taking I-70 East towards Vail
2. Exit I-70 at Exit 176
3. Follow the roundabout half-way around and exit in the direction of Vail Village (under the Interstate)
4. Enter the second roundabout and exit at the second right headed towards Vail Road
5. At the three-way stop sign take a right onto West Meadow Drive
6. Turn right into the parking area for The Steadman Clinic and Vail Valley Medical Center
7. Parking attendants are available for drop-off assistance and valet parking upon request. Check-in on 1st floor, admissions desk by the Emergency Department. After check-in, take elevators to level 3. Pre-op call button at double doors to left.

From Eagle (West) to Vail (East):

1. Start by taking I-70 East towards Vail
2. Exit I-70 at Exit 176
3. Enter the roundabout and exit at the second right headed towards Vail Road
4. At the three-way stop sign take a right onto West Meadow Drive
5. Turn right into the parking area for The Steadman Clinic and Vail Valley Medical Center
6. Parking attendants are available for drop-off assistance and valet parking upon request. Check-in on 1st floor, admissions desk by the Emergency Department. After check-in, take elevators to level 3. Pre-op call button at double doors to left.





Dr. Kavi Sachar Contact Information

Team Phone: 970-479-5886	Dr. Sachar's Team: Clara Livermore, Practice Coordinator Molly Walker, Physician Assistant Jessica Ballou, Physician Assistant Kate Stoltz, Certified Athletic Trainer
Team Fax: 970-458-4585	
Medical Email: teamsachar@thesteadmanclinic.com	
Website: kavisacharmd.com	

Schedule an Office or Virtual Visit	970-476-1100, Centralized Scheduling
Request Medical Records	970-476-1100, Medical Records
Steadman Concierge Team	970-479-5898
Schedule Surgery	970-479-5853, Clara Livermore
Billing/Insurance Questions	
Request a Referral for Therapy	970-479-5886 opt 5 teamsachar@thesteadmanclinic.com <i>Sachar Medical Team</i>
Medication Requests	
General Medical Questions	