



Pre Operative Testing

Based on your health, age or surgical procedure, certain tests and exams maybe needed. Please schedule these tests and exams at least 2 weeks before your surgery. This helps avoid delays.

If you are asked for medical clearance from your primary care physician (PCP), you **may** need the following studies:

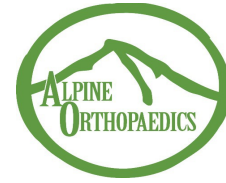
- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP) – Patients 65 and older
- Electrocardiogram (EKG)
- PT, PTT, INR
- Serum/urine Pregnancy (HCG)
- History and Physical
- Cardiac Clearance

Other tests may be ordered. It is helpful to review this list of tests before having them done. If you have had these tests or a physical exam recently, they may not have to be repeated. Talk with your surgeon or primary care doctor.

You can have the testing at any time up to **21 days before your surgery, but it must be completed at least 4 business days before your surgery.** It is important that Alpine Surgery Center have the test results **48 hours** before your surgery.

Please have test results faxed to 970-641-0282, to the attention of Michelle, RN.

Please call Michelle, RN, 970-641-6788 with any questions.



Scheduling Your Surgery

Once Alpine Orthopaedics has contacted your insurance company you will receive a call from Michelle, RN. Your surgery location is determined by your insurance carrier. We will recommend either Alpine Surgery Center or Gunnison Valley Hospital depending on what is best for you. Please refer to Billing section for more information.

It will be helpful for you to have the following ready when you are contacted.

- Medication list
- Allergies to medications, food and latex
- Past medical history
- Past surgical history
- Current height and weight

Michelle will also assist you with scheduling your pre operative appointment with your surgeon or with your surgeon's physician assistant (PA-C). You can expect your pre operative appointment to last about forty five minutes. At your appointment your surgeon or physician assistant (PA-C) will perform an examination, discuss and obtain an informed consent and review your medical history. You will also discuss the benefits and risks of the procedure again.

All patients must have a pre operative appointment with their Surgeon or Physician Assistant (PA-C). This appointment gives you time to ask any questions you might have regarding your surgery. This appointment is not the same as a "Medical Clearance" from your primary care physician. Not all patients are required to get medical clearance from their primary care physician. Please refer to Pre Operative Testing section if indicated.

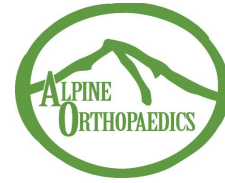
Helpful Reminders

This is a list of helpful reminders once your surgery is scheduled:

- Physical Therapy appointment set up for day after surgery **(It is the patient's responsibility to schedule this appointment with the therapist of your choice)** Please refer to "Outpatient Physical Therapy" section for more information.
- Arrange for someone to pick you up after surgery and to stay with you for the first twenty four hours after surgery.
- **If you do not have an adult to accompany you home after your surgery your surgery will be cancelled.**



- We have found it has been helpful for you to bring your significant other or the person who will be caring for you after surgery to your **Pre Operative Appointment** if possible.
- Please be prepared with crutches and ice grippers (if applicable), walker boot, sling etc. **It is your responsibility to bring crutches the day of your surgery for lower extremity surgeries. If you do not have a sling or immobilizer we will provide it for you for upper extremity surgeries.**
- Fill prescriptions prior to your surgery. You will receive your prescriptions at your pre operative appointment.
- It is also helpful to pick up Motrin or Advil (Ibuprofen) and Colace (Docusate Sodium), if recommended at your pre-operative appointment, when you pick up your prescriptions. Both the Ibuprofen and Colace may be purchased over the counter. **You do not need a prescription from your surgeon.** Most patients will be instructed to take these medications after their surgery. If you are having surgery on your lower extremity, you may be asked to also pick up Aspirin 81mg tabs.
- For safety and privacy reasons, children under the age of 16 may not visit in the Alpine Surgery Center's patient care areas. (Those under age 16 should not be left alone in the Waiting Room; they must be supervised by a responsible adult other than the patient.)



Billing

Making a surgical decision for yourself or a loved one can often create a certain level of stress. We at Alpine Surgery Center and Alpine Orthopaedics strive to provide the best medical care possible with our qualified staff as well as provide you with knowledge of the financial aspect of the procedure being scheduled.

How much will this surgery cost me?

Alpine Orthopaedics will call your insurance company to determine eligibility and inquire about deductibles, Out of Pocket (OOP), and co-pay amounts prior to scheduling your surgery.

Drs. Beim, Schutt & Escalante as well as Alpine Orthopaedics and Alpine Surgery Center are/are not contracted with your insurance company _____.

In Network

Once your in network deductible and Out of Pocket (OOP) max are met, _____ should cover the rest of the costs at 100%.

Deductible – The dollar amount that a covered person is responsible to pay before benefits are payable. After any applicable deductible amount has been paid, benefits for covered services will be payable in accordance with the rates shown in your plan booklet.

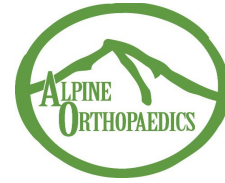
Deductible Amount _____ Amount Met _____
Amount Owed _____

Out of Pocket Maximum (OOP max or MOOP) – The maximum amount that a health plan member will have to pay for covered expenses under the plan. When the OOP max is met, the health plan pays for covered expenses at 100%.

OOP Maximum _____ OOP Met _____

The above amounts may change due to outstanding claims not yet processed.

Co-pays – The percentage amount that is patient's responsibility after contractual write offs are adjusted off and deductible is met. Based on information collected by your insurance company your co-insurance amount is _____%.



Out of Network

Most insurance policies provide both in and out of network benefits. Out of network means you are visiting with a doctor that is not contracted with your insurance company. Out of network benefits are designed to provide the patient with a minimal amount of coverage, with a higher deductible, Out of Pocket (OOP) and co-insurance amounts. There is no contractual write off or adjustment made with out of network benefits. Patient is responsible for all charges insurance does not cover.

Out of network Deductible _____ Amount Met _____

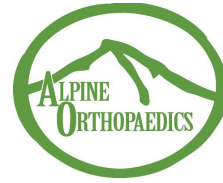
The information gathered above was given directly from your insurance company. This information is in no way a guarantee of payment. A payment made by insurance is contingent on the policy being active and in place at the time service is rendered and premiums due.

Who will Pre-certify my surgery? Alpine Orthopaedics will handle any required preauthorization or pre notification. Note: Preauthorization is not a guarantee of payment.

What charges can I expect? In addition to your bills from Alpine Orthopaedics and Alpine Surgery Center, you may receive bills from physicians who have provided services to you for MRI, CT or other Radiological testing, Labs, Anesthesia charges, Implants (if required), DME (Durable Medical Equipment), Physical Therapy, and Medication, etc. Feel free to call the toll free number on the back of your insurance card to inquire about what your personal policy covers.

Where can I call if I have questions about my bill? You may contact our billing office MedPro Services @ 1-866-633-7768 for any questions related to Alpine Orthopaedics or Alpine Surgery Center. If MedPro Services is unable to assist you please feel free to contact Donna @ 970-641-6788.

Anesthesia billing questions? You may contact the billing department for Brenda Creitz Anesthesia @ 1-800-874-3380 and ask to speak with Lisa Santangelo



Pre-Surgery Checklist

For All Surgeries:

- Post op prescriptions filled
- Nothing to eat or drink after midnight, including water (unless instructed differently by anesthesia)
- Physical therapy appointment for day after surgery:
Date & Time: _____
- Post Op Appointment:
Date & Time: _____
- Stop aspirin, ibuprofen, Aleve, etc. 1 week prior to surgery
- Leave valuables at home
- Responsible adult for ride home (We also strongly encourage you to have someone stay with you for at least the first night after surgery)
- Ice bag for after surgery

For Lower Extremity Surgeries:

- Bring Crutches
- Bring brace (if available)

For Upper Extremity Surgeries:

- Bring sling or immobilizer (if available)



What Should I Do To Prepare For My Surgery?

- ❖ **Report any signs of a cold, fever, rash or infection appearing within 3 weeks before your surgery.**
- ❖ Smokers should cut down to no more than three to five cigarettes a day for 1 week prior to surgery.

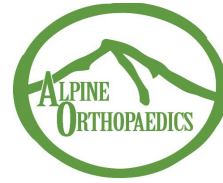
******WARNING: Smoking may cause poor or delayed healing-even death of skin (gangrene) in addition to lung complications and bleeding. Smoking can increase the risk for infection, increase the risk of bone not healing in the case of a fracture and soft tissue or graft not healing in the case of an ACL repair,******

CANCEL ANY DENTAL APPOINTMENTS THAT FALL WITHIN 3 WEEKS PRIOR OR POST OF YOUR SCHEDULED SURGERY.

- Arrange for a family member or friend to accompany you to Alpine Surgery Center the day of your surgery.
- You will be discharged from the ASC as discussed previously, so plan ahead for transportation home or to the motel the day of your planned discharge.
- **If you do not have an adult to accompany you home after your surgery your surgery will be cancelled.**
- Arrange for someone to stay with you the first **24 hours** after you return home or at the motel after surgery.
- Remember to adjust your work/social schedule accordingly during your anticipated recovery time, including **travel plans**.
- Prepare your home for your return after surgery. Have shopping and laundry done. Prepare some meals ahead of time.
- Remove small throw rugs or other small obstacles that may be in your path.
- If you have small children, dependent parents or pets, you may want to arrange for someone to assist in caring for them for a few days after your return home.



- Prepare for post-op showering. You may use plastic bags and tape or “Press ‘n Seal” and tape. **Avoid getting cast/splint/dressing wet!** A shower chair might be helpful.
- Wear clean, loose fitting, comfortable clothes the day of your surgery. Large button-up shirts for shoulder and arm surgeries are recommended. Also, wear slip on shoes with rubber soles.
- Yak tracks are highly recommended in the winter months.
- If you are instructed to bring crutches please make sure you have ice grippers in the winter months.
- Ice, double bagged in Ziploc plastic bags, then wrapped in a thin towel, is recommended for post-op surgery. You can purchase ThermoActive Cold Compression units from Alpine Orthopaedics. The cost for the knee compression is \$68 and \$92 with an extra gel pack. The cost for the shoulder compression is \$85 and \$113 with an extra gel pack. Most insurance companies do not cover the cold therapy.
- Prepare for your extremity to be elevated – have extra pillows/blankets available for elevation/positioning/comfort. If you are scheduled for shoulder surgery you may find it most comfortable to sleep in a recliner.
- While taking narcotic pain medication you will not be permitted to drive. You may need to arrange for transportation to your initial follow up and physical therapy visits.
- If you are having surgery on your right lower extremity you may not drive until cleared by your surgeon. A recent study found that an immobilized lower right extremity negatively affects drivers’ braking reaction time. Under the terms of most insurance policies, the insurer is not obligated to cover accidents in which the driver was still recovering from an earlier injury or operation.



Medical Equipment Rental & Purchase Available

➤ **City Market**

800 North Main St
Gunnison, CO 81230
970-641-6379

Adult Crutches for rent \$30.00 (returnable deposit required)

Child Crutches need a one day notice

Ice Grippers are necessary in the winter months. Many of the rentals already have the ice grippers attached and if not you will need to purchase them from Hartman Brothers or Alpine Orthopaedics.

➤ **Hartman Brothers**

720 North Main St
Gunnison, CO 81230
970-641-6036

Crutches \$20.00/mon to rent

Ice Grippers \$18.00 for a pair

Crutches purchase \$45.00

➤ **ThermoActive Cold & Hot Compression Therapy Supports**

You may purchase these from Alpine Orthopaedics prior to your surgery or the day of your surgery. This therapy is **NOT** covered by most insurance carriers.

Knee support=\$68.00

Knee support with extra gel pad=\$92.00

Shoulder support=\$85.00

Shoulder support with extra gel pad=\$113.00

➤ **Alpine Orthopaedics-Crutches**

Crutches \$45.00

Ice Grippers \$18.00 pair

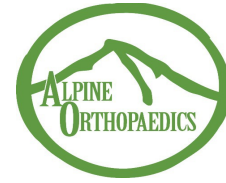
(Depending on your insurance carrier crutches and ice grippers might not be covered)

➤ **Otto Bock-Continuous Passive Motion (CPM) Therapy**

Alpine Surgery Center will provide you with a CPM machine if your surgery indicates the need for one.

For questions regarding claims, billing, and reimbursement, please contact their reimbursement specialists at: 1-800-711-2205 8am to 5pm (AZ)

For questions about your CPM device, contact your local representative at 1-800-RENT-CPM (800-736-8276)



MEDICATIONS TO AVOID BEFORE SURGERY

Medications containing aspirin, non-steroidal anti-inflammatories and Coumadin should be avoided before and after surgery. These medications could significantly increase bleeding during surgery.

If you are currently taking medications for heart related conditions, arthritis, chronic pain or stroke, please make our office aware of the medication and the dosage. If you are unsure if your medications contain any of the above, please contact your pharmacist. You should also contact the physician who prescribed the medication and let him or her know of your upcoming surgery, should adjustments need to be made.

PRESCRIPTION PAIN RELIEVERS TO AVOID

Anaprox	Fiorinal	Panalgesic
Asproject	Fiorinal & Codeine	Percodan
Axotal	Ibuprofen	Percogesic
Clinoril	Indocin	Relafen
Coumadin	Lodine	Robaxisal
Darvon Compound	Lortab ASA (aspirin)	Roxiprin
Darvon-N Compound 65	Magan	Salflex
Darvon with ASA (aspirin)	Meprobamate & ASA	Soma Compound with or without Codeine
Daypro	Motrin	Synalgos-DC
Disalcid	Nalfon	Talwin Compound
Dolobid	Naprelan	Tolectin
Easprin Compounds	Naprosyn	Toradol
Equagesic	Orudis	Trilisate
Feldene	Oruvail	Voltaren

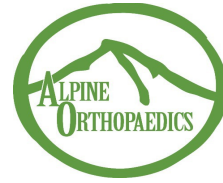
OVER THE COUNTER MEDICATIONS TO AVOID

Advil	Bayer	Goody's Headache Powder
Aleve	BC Powder	Halfprin
Anacin	Cama Arthritis Pain Reliever	Ibuprofen
Arthritic Strength BC Powder	Children's Aspirin & Ibuprofen	Midol
Ascriptin	Doan's Pills	Motrin
Aspergum	Ecotrin	Nuprin
Aspirin	Excedrin	Pepto Bismol

YOU MAY TAKE MEDICATIONS CONTAINING TYLENOL, OR TYLENOL PRODUCTS

THESE MIGHT INCLUDE: Prescription medications such as Tylenol with Codeine, Vicodin, Lortab, Percocet, Fioricet, Darvocet, plain Darvon and most migraine headache medications.

Again, if you are unsure if your medication contains Tylenol, contact your pharmacist.



Day Before Your Surgery

On the day before your surgery, Michelle, RN will call you. Michelle will discuss:

- Surgery time
- Arrival place and time
- Diet and medications before your surgery
- Your discharge home
- Physical Therapy

Alpine Surgery Center tries to schedule surgical times based on patients' medical conditions. Surgical times are decided the day prior to surgery, **thus previously scheduled times may vary.**

Please ask Michelle any questions you have during this call. You can also contact Melinda, 970-641-4522, if needed.

Eat a light or bland meal for dinner the night before your surgery.

- **Do not eat or drink anything after midnight on the night before your surgery. (Hard candy and gum are not allowed)**
- **Please follow your instructions about eating and drinking. Otherwise, your surgery may be cancelled.**

It is a good idea to shower and wash your hair the night before your surgery. Use chlorhexidine scrub (provided at your pre operative appointment) on surgical area. Also remove any make-up, nail polish, hair spray, lotion, or perfume before surgery. During surgery, your circulation is checked by looking at your skin and nails.

Plan to wear comfortable, loose-fitting clothing (that will go over thick, bulky bandages and/or splints).

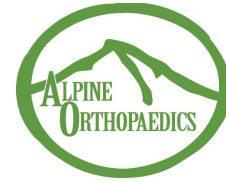
What to bring

- Containers for contact lenses, glasses or dentures
- Crutches, sling, walker boot etc.
- Pre Operative Packet
- Filled Prescriptions
- A book or magazine to read while waiting

Please leave all valuables (jewelry, credit cards, money) at home. This also includes body-piercing jewelry and tongue studs which cannot be worn during surgery.

For use in the Waiting Room, family may choose to bring a:

- Lap Top computer (The ASC offers Free Internet access)
- Cell Phone



Day of Surgery

Unless otherwise instructed by your surgeon, you may take your regular medicines on the morning of surgery with a small sip of water. If you are diabetic, follow your doctor's guidelines about your insulin. Otherwise, **do not swallow anything**, including the water you use to brush your teeth.

Arrival

Please arrive at the **East side door** one hour prior to the time of your surgery (unless told otherwise). If the waiting room door is closed please ring the door bell. One of the nurses will call you back as soon as the pre operative (pre op) room is ready for you. When you first arrive, your information is checked and updated as needed. (The staff will tell you if your wait will be longer than expected.)

Preparation

Once in the pre-operative (pre-op) room you are given a hospital gown and asked to remove your clothing. You may leave your undergarments on. The nurse will review your medical history, and take your temperature, blood pressure, pulse and measure your oxygen saturation. An IV (into the vein) line is placed in your hand or arm. It will be used for giving necessary fluids and medicines.

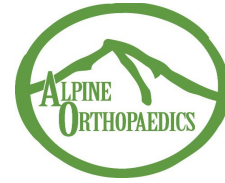
Doctor visits

While you are in the pre-op area, your surgeon, anesthesia provider, as well as any medical students or residents may visit. Your surgeon will mark the site with a marking pen where surgery will be performed and confirm this with you. **If you have any questions for them, please ask at this time.**

While you wait

You will be in the pre-op room for about 1 hour. (The nurse will keep you informed of any delays.) You may have two adult visitors at a time with you. Other visitors can wait in the family waiting room. Glasses, contact lenses, hearing aids, dentures and hairpieces are removed before you go to the operating room (OR). Visitors may not go with you when you are moved to the operating room (OR).

Once you are in the operating room (OR) and anesthesia has been given, your surgery will begin. Your surgeon or pre operative nurse will tell you and your family prior to the surgery about how long your surgery will last.



Anesthesia

Brenda Creitz, CRNA, will call you one or two days prior to your surgery. She will discuss your anesthesia and do a pre operative anesthesia interview. For your convenience, this is all done over the phone. Please contact Brenda Creitz, CRNA, 970-641-6788, with any questions or concerns regarding your anesthesia.

Anesthesia is a short-term absence of feeling. The anesthesia provider and the surgeon will talk with you to plan the type of anesthetic that is best for you. This is based on the surgery and your medical history. There are five types of anesthesia that may be used.

Local anesthesia uses a numbing medicine injected around the incision site. It results in a lack of feeling in that area only. The rest of the body is not affected. You will be awake. The surgeon often gives this type of anesthetic, since only a small part of the body is affected. This type of anesthetic may be given alone or in conjunction with other forms of anesthesia.

A **Nerve Block** is a type of local (regional) anesthesia used for arm or leg surgery. Numbing medicine is injected close to a nerve. The nerve block numbs the entire limb. Sedation or a light general anesthesia may also be given to you in the operating room. This allows you to sleep and to be unaware of what is going on around you during surgery. Depending on the surgery, your limb may be numb for 12 to 24 hours. (This is also helpful in managing post-operative pain.)

Monitored Anesthetic Care or MAC uses both a local anesthetic at the incision site and IV medicine to relax you (sedation). MAC produces a sleepy state. You can be aroused but otherwise sleep. Due to the IV medicine, you may not recall your time in the operating room (OR). Once surgery is over, you will be fully awake.

General anesthesia may begin with an IV medicine and often also includes breathing anesthetic gases mixed with oxygen. You are not aware of the surgery or your surroundings. A breathing device or airway may be placed into your mouth to help you breathe during surgery. Before surgery, be sure to tell the anesthesia provider about any crowns, bridges, or loose teeth so that extra care can be taken. Please let the anesthesia provider know if you have any neck problems or rheumatoid arthritis.

A mild relaxing medicine may be given to you before going to the operating room (OR). Anesthesia itself is given in the operating room (OR).