# Map & Directions



Street Address

2525 S. Downing St. Denver, CO 80210

Phone Numbers

Main: 303-778-1955 Scheduling: 303-765-6500

Traveling from the North:

- Traveling on I-25 north, take exit 203 for Evans Ave.
- Turn left onto Evans. Ave
- Turn left onto S. Downing St.
- Porter Adventist Hospital will be on the right.

#### **⚠** Traveling from the South:

- Traveling on I-25 south, take exit 206 toward Washington St./Emerson St.
- Keep right at the fork, follow signs for Washington St./Emerson St. and merge onto Buchtel Blvd. south.
- Turn right onto S. Downing St.
- Porter Adventist Hospital will be on the right.

2525 South Downing Street

Denver, CO 80210 Phone: 303-778-1955

porterhospital.org/radiology

Porter Adventist Hospital



285

# Ground Floor Map



2525 South Downing Street Denver, CO 80210

Phone: 303-778-1955

porterhospital.org/radiology

Porter Adventist Hospital





Excellence in Motion

1830 Franklin Street, Suite 450 Denver, CO 80218 Phone: 303-321-1333 Toll-Free: 888-900-1333 Fax: 303-321-0620

#### James C. Holmes, M.D.

Orthopaedic Specialist Sports Medicine Disorders of the Knee

#### Timothy J. Birney, M.D.

Orthopaedic Specialist Disorders of the Spine

#### Edward (Ted) H. Parks, M.D.

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www.Western-Ortho.com

### Please Note:

Your surgery time is subject to change. Please make yourself available all day.

Thank you!

# NO FOOD OR LIQUIDS

(Includes no water, candy gum, breath mints.....NOTHING)

## **AFTER MIDNIGHT!**

If you have ANYTHING by mouth after 11:59 p.m., we will have to

**CANCEL YOUR SURGERY!!** 

\*\*\*Morning of surgery\*\*IMPORTANT\*\*Morning of surgery\*\*\*

Please brush teeth with toothpaste, rinse and spit. NO GARGLING

TAKE ONLY the following medications with ONE SIP of water:



Celebrex

#### ASPIRIN/BLOOD THINNER PROTOCOL

FOR PATIENTS NORMALLY TAKING COUMADIN, WHO
HAVE NOW BEEN ASKED TO SUBSTITUTE WITH LOVENOX IT IS REQUESTED
THAT YOU DISCONTINUE THE LOVENOX A MINIMUM OF 24 HOURS PRIOR TO
SURGERY, OR THERE IS A POSSIBILITY YOUR SURGERY WILL BE CANCELLED.

DO NOT TAKE ASPIRIN OR ASPIRIN RELATED PRODUCTS FOR TWO (2) WEEKS PRIOR TO YOUR SURGERY - BELOW IS A LIST FOR YOUR CONVENIENCE.

The taking of aspirin and/or aspirin related medications can prove harmful to your body's perioperative healing process. Aspirin chemically inhibits the ability of the body to form stable clots necessary to permit proper healing.

If you are currently taking any medication and are unsure as to whether it contains aspirin or has a similar effect as aspirin (preventing the formation of stable blood clots), please do not hesitate to contact your pharmacist for additional information.

4-Way Cold Tabs Actron Advil Caps and Tabs Alka Seltzer Plus Night-Time Cold Medicine Alka Seltzer Plus Cold Medicine Alka Seltzer Extra Strength Alka Seltzer (Flavored) Alka Seltzer Antacid/Pain Reliever Anacin Analgesic Caps & Tabs Anacin Maximum Strength Tabs Anacin Arthritis Pain Formula Anaprox Ansaid Ascriptin w/Codeine Tabs Axotal B-A-C #3 Tabs Bayer Aspirin Tabs & Caps Bayer Maximum Aspirin Tabs & Caps Bayer 8 Hour Time Release Aspirin Bufferin Analgesic Tabs Bufferin Arthritis Strength Tabs Carisoprodol Compound Tabs Cataflam

Children's Chewable Aspirin Nabumetone

Clinoril Nalfon
Damason-P Naprelan
Darvon with ASA Naproxen

Darvon-N with ASA Naproxen Sodium

Daypro Naproxyn

Dia-Gesic Improved Norgesic Forte Tabs

Diclofenac Sodium Potassium Norgesic Tabs

Disalcid N-saids
Dolobid Nuprin Tabs

Dolobid #3 Tabs Orphengisc w/Caff & Aspirin

Easprin Orudis
Ecotrin Oruvail
Ecotrin Max Strength Tabs Oxaprozin

Empirin with Codeine Oxycodone w/Aspirin tabs
Equagesic Tabs Percodan Tabs & Demi Tabs

Etodolac Persistins
Excederin Piroxicam

Feldene Regular strength tabs

FenoproFen Relafen

Fiogesic Tabs

Fiorinal Tabs & Caps

Fiorinal with Codeine Caps

Geiprin Tabs

Salflex

Suppose Tabs

Robaxisal Tabs

Roxiprin Tabs

Rulen Tabs

Salflex

Salicylate's

Indocin Soma Compound Tabs

Indomethacin Soma Compound Tabs w/Codeine

Ketoprofen Sulindac Lodine Supac

Lortab ASA Tabs Synalgos DC Tabs

Medipren Tabs & Caps Talwin

Meloxicam Talwin Compound

Midol 200 Tolectin

Mobic Tolectin DS or 600

Motrin Tolmetin Motrin 200 Trilisate

Motrin Tabs Vanquish Analgesic Caps

You may take Tylenol, Anacin 3 or Datril as they do not contain aspirin.

Attention Men: Please discontinue any erectile dysfunction medications 1 week prior to surgery.



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#### **Herbal Supplement Instructions**

IF YOU ARE TAKING ANY OF THESE HERBAL SUPPLEMENTS (LISTED BELOW), WE ASK THAT YOU **STOP TAKING THEM 2 WEEKS PRIOR TO YOUR SURGERY.** 

- ECHINACEA
- EPHEDRA
- GARLIC

#### THIS DOES NOT MEAN GARLIC IN YOUR FOOD.

- GINKGO
- GINSENG
- KAVA
- ST. JOHN'S WART
- TURMERIC
- VALERIAN
- FLAX SEED OIL, VITAMIN E AND FISH OIL
- ANY TYPE OF DIET PILLS (METABOLIFE, HERBALIFE, ETC)

IT WAS RECENTLY REPORTED THAT THESE HERBAL SUPPLEMENTS MIGHT CAUSE HARM DURING AND/OR AFTER SURGERY.

THANK YOU FOR YOUR COOPERATION AND ALLOWING US TO KEEP PROVIDING YOU WITH THE BEST CARE.



By Ian K. Smith, M.D.

Doctors have never quite figured out what to say about herbal supplements. While alternative medications have become increasingly popular--Americans will spend some \$5 billion this year on natural remedies for everything from arthritis to the common cold--most physicians assumed that even if they didn't know exactly what these remedies did, they were, at worst, harmless. But more and more, doctors are starting to recognize that many natural supplements have medicinal qualities that can complement--or conflict with--the treatments and medications they prescribe.

The American Society of Anesthesiologists is the latest physicians' group to sound a warning about the potential side effects of alternative medications. Concerned by evidence that some supplements can interfere with anesthesia, the group has issued a recommendation that patients stop taking all natural remedies at least two weeks before surgery--giving the body plenty of time to clear them from the system.

The anesthesiologists' warning is based on the latest of several findings that are raising doctors' awareness of the risks associated with natural supplements. Take, for instance, ginkgo biloba, used by almost 11 million Americans to improve memory and increase blood circulation. Doctors now believe ginkgo may reduce the number of platelets in the blood and can prevent blood from clotting properly. Taking ginkgo at the same time one is taking blood-thinning medications, like Coumadin or even aspirin, could make a patient dangerously vulnerable to bleeding.

Similarly, St. John's wort, a popular supplement taken to treat anxiety, depression and sleep disorders, is believed to prolong or increase the effects of some narcotic drugs and anesthetic agents. Ginseng, an herb taken to boost vitality, has been associated with high blood pressure and rapid beating of the heart--conditions that could be deadly in the operating room.

Part of the problem is that herbal supplements and mainstream medicine come from two very different worlds and operate in different regulatory environments. The marketing of prescription and over-the-counter drugs is strictly regulated by the Food and Drug Administration, which requires scientific proof of safety and efficacy. Herbal remedies, by contrast, are largely exempt from FDA supervision. Companies can sell herbal preparations without guaranteeing that what's on the label is inside the bottle.

These uncertainties don't mean that you should never take a supplement. But they make it even more important that you discuss whatever you are taking with your physician--something not enough patients do. A recent study showed that although 60 million Americans have taken alternative medicines, only a third of them reported it to their doctors.

This is a bad idea. A drug your doctor prescribes could be perfectly safe and effective, but if you are taking a similar-acting supplement, there is a real danger of cross-reaction. Don't be afraid to bring your herbal supplements to your doctor's office. Your physician may spot a potential conflict on the label or know of another drug--or even another supplement--that works just as well.

Dr. Ian appears on WNBC-TV in New York City. E-mail him at <u>ianmedical@aol.com</u> For more on herbals, try <u>altmed.od.NIH.gov</u>

http://www.time.com/time/magazine/article/0,9171,998150,00.html

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#### US Anesthesia Partners of Colorado Preparation for Surgery

#### The Day Before Surgery

• Your anesthesia provider may try to call you the night before your surgery. They may call from a number you do not recognize, so please try to answer the phone number you listed as your primary contact number.

#### **Types of Anesthesia**

- You will have time to speak with your anesthesia provider at the surgical facility on your day of surgery. We encourage you to provide input into our plan for your care. If you have a specific question and would like to speak with an anesthesia provider prior to the day of surgery, please do not hesitate to call our office and we will connect you with someone.
- After carefully considering the type of surgery, your overall health, medical history, lab results and your concerns and preferences, your anesthesia provider will talk to you about the type of anesthesia that is both the safest and best suited for you. Because the goal of anesthesia is to keep you safe and comfortable, sometimes there may not be an option for the anesthesia type you receive.
- These are the main types of anesthesia (for more information you can visit www.asahq.org):
  - **General anesthesia** provides a total loss of consciousness, meaning you will be fully asleep. You will not be aware of any pain or feeling during your surgery. This type of anesthesia uses a combination of IV medicine (given through a tube in your vein) and gases (that you breathe through a mask or breathing tube).
  - Regional anesthesia blocks pain to a specific area of your body. Your anesthesia provider will inject medication near a nerve and you may also get other medications through an IV to help you relax. A peripheral nerve block blocks a nerve or group of nerves and is common for surgeries on hands, feet, arms, legs or the face. Epidural or spinal anesthesia is given through an injection to block pain for a large area of the body such as the abdomen, hips or legs.
  - MAC (Monitored Anesthesia Care or Conscious Sedation) uses IV medication to help you relax and decrease pain. You will not be completely asleep, but you may sleep and will be very groggy.
- Your anesthesia provider will not leave your side during surgery. They will be right next to you to monitor you and your vital signs and make sure you remain safe and comfortable.

#### **What to Expect Before Surgery**

- You will be asked to change into a hospital gown. No personal clothing or personal items will be allowed into the OR.
- The pre-operative nurse will review your history, medications and allergies and take your vital signs. An IV (a tube in your vein for medications and fluids) will be placed. If applicable, blood lab work or other tests may be conducted. Women of childbearing age may be screened for pregnancy.
- A support person may accompany you into the pre-operative area until it is time for surgery, at which time they will be directed to the waiting room.

#### **Additional Questions**

- It is very important to us that you have a good experience with your anesthesia. After your surgery, you may receive a text or email asking you to complete a short survey. We value your feedback and use the data that we receive to make sure we continue to provide great care of our patients.
- Billing: Please note that anesthesia services are billed separately from the rest of your surgery. We do participate with most major insurance plans. Depending on your insurance you may have some out-of-pocket expenses. You can call our Billing Department at 303-377-7638 if you have questions or would like to make pre-payment arrangements.

Thank you for allowing us to be a part of you care.

US Anesthesia Partners of Colorado <a href="https://www.usap.com/locations/usap-colorado/about-us">https://www.usap.com/locations/usap-colorado/about-us</a> 303-785-4700





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#### **Preoperative Evaluation:**

This is required for all patients having surgery. A history and physical examination (H&P) **14 to 21 days prior to procedure**. This is done to make sure you are medically cleared to undergo surgery.

To schedule pre-op testing with Porter please call 303-765-6891.

The lab request does not require any fasting (not eating).

Please allow 2 days for the paperwork and labs results to be processed.

You will need to notify us of when you have scheduled this appointment.

You should remember to bring a list of all medications you are currently taking including any over the counter medications.

If you are over 50 years old there are additional test that are ordered such as EKG or Chest X-ray.

#### WHAT TO WEAR:

Loose fitting clothing, sweats for colder weather, and summer dresses work well in warm weather.

#### WHAT TO BRING:

This is an out-patient surgery. You will be in the hospital overnight.

Crutches, any medications you might need to take, (bring in original bottle).

PLEASE AVOID APPLYING ANY LOTION'S OR BODY OIL'S IN THE HIP AREA THE DAY OF SURGERY AS WELL AS THE DAY OF TESTING.

DR. WHITE HAS A VERY INFORMATIVE SLIDESHOW ON OUR WEBSITE THAT WILL ANSWER MANY OF YOUR QUESTIONS ABOUT RETURNING TO WORK AND WHAT TO EXPECT FOR YOUR RECOVERY.

REMEMBER WHEN IN DOUBT PLEASE DO NOT HESITATE TO CALL OUR OFFICE 303-321-1333.

Please call Candice 2 weeks prior to your surgery date to confirm.

Any surgery cancelled less than 2 weeks prior, is subject to \$250.00 cancellation fee.

Surgery time subject to change.

#### THANK YOU!



Total Orthopedics, Inc. 4700 S. Wadsworth Blvd. Littleton CO 80123 Phone: 303-478-3957 Fax: 303-464-1098 Dear Patient,

Dr. White has ordered a VenaPro (DVT prevention) and an IceMan Clear3 (cold therapy to reduce pain and swelling) units to be used following your upcoming surgery. Most insurance companies view these devices as not medically necessary therefore they do not pay for the units.

Dr. White has arranged for you to purchase both units with special discounted pricing through DJO Global. Your total cost to purchase both the VenaPro and the IceMan Clear3 with an appropriate pad is \$195.00 plus sales tax. Call for pricing on items sold separately.

\*\*IF NOT ORDERED IN TIME FOR SHIPPING TO YOU, UNITS WILL BE DELIVERED TO THE HOSPITAL THE DAY AFTER YOUR SURGERY\*\*

Please contact Connie with any questions or concerns at 303-478-3957 or cweber@totalortho.net. Visit www.djoglobal.com to learn more about the products.

Thank you, Total Orthopedics, Inc.	
Patient Name	
Billing Address	
Telephone(s)	
Email address for receipt	
Date of Surgery	
Method of Payment: AMEX DISC MC	V
Card Number	
Expiration Date Security Code (3 or 4 digits) _	
Name on Card	
Physician Signature	_ Date

My signature above means that, in my judgment, the above prescribed products are medically indicated, necessary, and consistent with current accepted standards of medical practice and treatment of this patient's physical condition.

\*\*IF NOT SHIPPED TO YOU, UNITS WILL BE DELIVERED TO THE HOSPITAL THE DAY AFTER YOUR SURGERY\*\*

#### ICEMAN COOLING MACHINE AND VENAPRO LEG COMPRESSION DEVICE- COST \$195.00



#### VENAPRO



#### What is a CPM?

Continuous Passive Motion (CPM) is a postoperative procedure designed to aid in the recovery of the joint after surgery. If a patient fails to move their joint tissue after extensive joint surgery, the joint will



become stiff and scar tissue will form, resulting in a joint with limited range of motion which often takes months of physical therapy to recover.

#### What a CPM Machine Does

Passive range of motion means that the joint is moved without the patient's muscles being used. Continuous passive motion devices are used after surgery, both in the hospital and in the home. The motorized CPM device gradually moves the affected joint through a prescribed range of motion for an extended period of time.

#### A CPM's Clinical Benefits

The device significantly accelerates recovery time by:

- Decreasing soft tissue stiffness
- Increasing range of motion
- Promoting healing of joint surfaces and soft tissue
- Preventing the development of motion-limiting adhesions (scar tissue)

#### Our Procedure for Set Up:

After receiving the prescription, benefits are verified with insurance. The patient will be contacted the week prior to surgery regarding benefits and out of pocket expenses. The order will be assigned to a tech and they will contact the patient and set up an appointment for delivery of the CPM. Patients will have the CPM for the prescribed amount.

#### Our Procedure for Pick Up:

When the patient is done, they will contact our office for a pick up.







Picture 2 is the machine with the pads, giving a better idea of how it is used.

Total Orthopedics / KINEX Medical Company 4700 S Wadsworth Blvd Littleton, CO 80123

Phone: 303-932-6914

#### Right of Refusal for Durable Medical Equipment

Dr.	White re	ecommends	s the	use c	of the	fol	lowing	after	surgery	•

- -CPM or bending machine: This is used to keep the joint moving in the first 2-3 weeks after surgery to minimize scarring that can make the joint feel tight.
- -Ice Machine: This helps reduce early inflammation and pain.
- -SCD's or compression stockings machine: These intermittently squeeze the calf muscles and decrease the risk of blood clots.

Unfortunately, insurance companies frequently do not cover the expense of these. Dr. White has worked hard to negotiate the best possible financial arrangement for you. However, given the potential financial burden, it is your choice if you decide not to use them. Please sign below that you are responsible for making this decision.

If you are refusing this equipment, please send or fax this form back to me at 303-253-7405.

Patient Signature: _	 	
Date:	 	
Printed Name:		