

Surgery Date: _____

Post-Operative Appointment: _____

Welcome to The Orthopaedic and Spine Center of Southern Colorado. Information about our Surgery Center, how to prepare for your surgery, our contact information and all information detailed within this packet can also be found on our website. Please visit our website at <https://share.csog.net/helping-hands-project>

Please read the following for important information regarding your surgical procedure.

- **We, at the surgery center, will notify you of your arrival time the day before your procedure between 2pm and 4pm. If you have any questions or concerns about your arrival time, please call The Orthopaedic and Spine Center of Southern Colorado at 719.282.8888.**
- Registration personnel from The Orthopaedic and Spine Center of Southern Colorado may call to review your insurance information. You may call directly at 719.282.888 if that is more convenient.
- A nurse will also call you regarding your procedure prior to the day of your procedure. The nurse will ask you questions about your medications, dosages, medical and surgical history. Please have this information available. You may call the nurse directly at 719.208.7991.
- At the time of your discharge, it is **required** that a responsible adult over the age of 18 accompany you. **You may not drive for 24 hours following anesthesia.** If you receive general anesthesia or IV sedation for your procedure, you must have a responsible adult over the age of 18 remain with you for 24 hours following the procedure. (This excludes local procedures). Please tell your accompanying party that they need to be available as soon as you are ready for discharge, they should not make any other appointments on the day of your procedure.
- Some surgical procedures and/or anesthetics may temporarily affect your breathing in the immediate post-operative period. Because of this, you may be required to receive supplemental oxygen for a few days while the effects of the surgical procedure / anesthetic wear off. We have contracted with a local, private respiratory care company that will provide you with home oxygen for up to 7 days. When they arrive at your home, you may be required to pay a fee of \$195. If you currently utilize oxygen and have a tank at home, please feel free to bring your tank with you the day of surgery to mitigate the potential for an additional charge.
* You will only be required to have oxygen at home if your oxygen levels are below normal after your procedure.*
- Call your surgeon's office if you develop a cold, sore throat, fever or any other illness that occurs within 48 hours of your surgery.

DIETARY RESTRICTIONS:

The following instructions are very important for your safety.

If you do not follow these instructions, your procedure may be cancelled or delayed.

- **Do not eat or drink anything after midnight the night before your procedure.**
- No gum, breath mints, hard candy or tobacco after midnight.
- Brush your teeth, rinse and spit without swallowing the water.
- Your prescription medications will be reviewed during the interview and those indicated may be taken with sips of water on the day of surgery.

WHAT TO BRING:

- ☐ A photo ID
- ☐ Bring a case for glasses and dentures.
- ☐ Reading glasses, if needed
- ☐ Bring any slings, braces or other medical equipment already issued or previously in use.
- ☐ Bring your CPAP or other device if you have sleep apnea and use one at home.
- ☐ Bring your inhaler if you have asthma, COPD or any other condition that requires you use one

ADDITIONAL INSTRUCTIONS:

- ☐ Do NOT take any medications containing NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Mobic), Fish Oil, Vitamin E, Omega Fatty Acids, CO-Q-10, herbs, or weight loss supplements for seven (7) days prior to your procedure. If you have taken them, please contact your surgeon right away.
- ☐ If you take any blood thinning medications for your heart such as Aspirin, Coumadin, Plavix or Xarelto, please contact your cardiologist or primary care physician for guidance regarding when you should stop taking these medications.
- ☐ Remove all jewelry and piercings
- ☐ Leave ALL jewelry and valuables at home. The Center is not responsible for valuables.
- ☐ Wear loose-fitting comfortable clothes and shoes.
- ☐ Please do NOT apply makeup, deodorant, creams, or lotions. If you are having a procedure on any extremity (i.e. Arm or leg), remove nail polish from the operative side.
- ☐ If you think you may be pregnant, please call the surgery center right away at 719.282.8888

DRIVING DIRECTIONS:

Our address is 4110 Briargate Parkway, Suite 200, Colorado Springs, CO 80920

- From the North: Take I-25 South, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway make a left on Memorial Hospital Drive. The facility will be on the left.
- From the South: Take I-25 North, take exit 151 toward Briargate Parkway. Merge onto Briargate Parkway make a left on Memorial Hospital Drive. The facility will be on the left.
- From Powers: Take powers, exit at 151 toward Briargate Parkway, head west, turn right on Memorial Hospital Drive. The facility will be on the left.

The Orthopaedic and Spine Center of Southern Colorado does not discriminate on the basis of race, color, national origin, age, or disability; in admission of, access to, treatment, or employment in, its programs and activities.

To obtain information about Advanced Medical Directives, please see our website at www.jointandspineasc.com and click on the "Advanced Directive" icon or call Colorado Healthcare at 1- 800-658-8898