



# Denver Surgery Center

## Location

1830 Franklin Street Suite 200  
Denver, CO 80218

## Phone

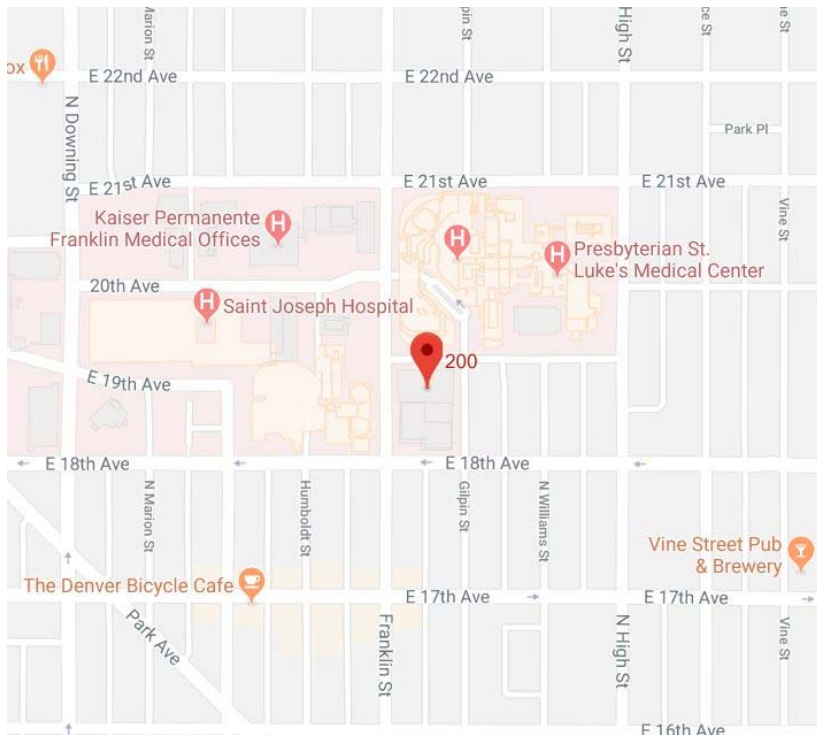
(720) 996-4500

Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

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

**\*Reminder: Please bring your insurance information,  
photo ID, and medication list**



## Surgery Scheduler

1830 Franklin Street, Suite 450 • Denver, CO 80218  
Phone: 303-321-1333 • Toll-Free: 888-900-1333 • Fax: 303-321-0620  
[www.Western-Ortho.com](http://www.Western-Ortho.com)

# Directions to:



## From the NORTH:

### Approach Denver from the north by southbound I-25.

From I-25, take I-70 East (Limon/Exit 214A).

From I-70 eastbound, take Exit 275C (York/Josephine) and go South on York Street.

Take York Street all the way to 18th Avenue and turn right (West) at 18th.

Approximately seven blocks later, turn right (North) onto Franklin Street. We are the building on the right hand side (North-East), across the street from Exempla St. Joseph Hospital.

Take the 2nd parking garage entrance (closest to 19th Avenue).  
Take the elevator up to the 2nd floor, we are in suite #200.

## From the WEST:

### Approach Denver from the west by east bound I-70.

From I-70 east bound take Exit 275C (York/Josephine) and go South on York Street. Turn right (West) onto 18th Avenue.

Approximately seven blocks later, turn right (North) onto Franklin Street. We are the building on the right hand side (North-East), across the street from Exempla St. Joseph Hospital.

Take the 2nd parking garage entrance (closest to 19th Avenue).  
Take the elevator up to the 2nd floor, we are in suite #200.

## From the SOUTH:

### Approach Denver from the south by north bound I-25.

From I-25, take Colorado Boulevard North at Exit 204.

Take this to 17th Avenue (2 blocks north of Colfax Avenue).  
Turn left (West) onto 17th Avenue, staying in the right lane.  
At Josephine the road jogs to the right.

Go straight through the light.

You will now be on 18th Avenue. (One way heading west).

Approximately seven blocks after Josephine Street, turn right (North) onto Franklin Street. We are the building on the right hand side (North-East), across the street from Exempla St. Joseph Hospital.

Take the 2nd parking garage entrance (closest to 19th Avenue).  
Take the elevator up to the 2nd floor, we are in suite #200.

## From the EAST:

### Approach Denver from the east by west bound I-70.

From I-70, go south on Colorado Boulevard (Hwy 2/Exit 276B) (make a left at the light - South on Colorado Blvd.).

Take this to 17th Avenue (1st stoplight past City Park).

Turn right (west) onto 17th Avenue, staying in the right lane.

At Josephine the road jogs to the right.

Go straight through the light.

You will now be on 18th Avenue. (One way heading west).

Approximately seven blocks after Josephine Street, turn right (North) onto Franklin Street. We are the building on the right hand side (North-East), across the street from Exempla St. Joseph Hospital.

Take the 2nd parking garage entrance (closest to 19th Avenue).  
Take the elevator up to the 2nd floor, we are in suite #200.



1830 Franklin St. Ste. 200  
Denver, CO 80218  
[www.denversurgerycenter.com](http://www.denversurgerycenter.com)  
Phone: (720) 996 - 4500

Welcome to Denver Surgery Center. Information about our facility, how to prepare for your surgery, our contact information and all information detailed within this packet can also be found on our website. You may visit us online at [www.denversurgerycenter.com](http://www.denversurgerycenter.com).

We are located at 1830 Franklin Street, above the Children's Hospital. Parking is free in Parking Lot "K", this is the second entrance heading North of Franklin Street. There are no tickets at the gate. You'll want to park on the second level and enter through those doors. If you have any questions, please feel free to call us for directions.

*Please read this letter in its entirety for important information regarding your surgical procedure.*

### Pre-Surgery Information:

- If you have any questions or concerns about your arrival time, please call Denver Surgery Center at 720.996.4500.
- Registration personnel from Denver Surgery Center may call to review your insurance benefit information prior to your surgery date.
- ☐ 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.
- ☐ Please do not wear contacts to the Center. Glasses, dentures and hearing aids will be removed in pre-op prior to your surgery.
- ☐ 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 (what you arrive in is what you will leave in).
- ☐ Please do NOT apply makeup, deodorant, creams, or lotions. Remove nail polish from fingers and toes.
- ☐ If you think you may be pregnant, please call the surgery center right away at 720.996.4500. Females between ages 12-50 will need to give a urine sample for pregnancy testing upon admission.

**DIETARY RESTRICTIONS: The following instructions are very important for your safety. If you do not follow these instructions, your procedure may be cancelled.**

**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 *ONLY* those indicated may be taken with sips of water on the day of surgery.

## WHAT TO BRING:

- ☐ Bring your insurance card, a photo ID and payment (if applicable)
- ☐ Bring a case for glasses and dentures
- ☐ If you are having any lower extremity surgery (hip, knee, foot, etc.)– obtain crutches, check for proper fit and receive instructions for use as instructed by your surgeon’s office. Please practice the use of crutches prior to your procedure, we may ask you to demonstrate use for your safety.
- ☐ 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

### Completing your Pre-Registration Health History:

Denver Surgery Center offers patients the convenience and privacy of a secure, online registration process. You will receive a text message containing a link to our Pre-Registration Assessment two weeks prior to your surgery date. You will be asked about your health history, medications, and previous surgeries. It’s important to complete or update your online registration as soon as possible so that your medical team will have time to review your information prior to your visit. We will call you if we have any questions or concerns. If you do not have internet access, you will be contacted by one of our nurses prior to the day of your procedure to collect all necessary medical information. Please have the above information available for this call.

## Post- Surgery Information:

- At the time of your discharge, it is **required** that a responsible adult, over the age of 18, check in at the front desk and 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. 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. **\*\*Do not use public transportation (i.e. buses, taxis, uber, lyft etc.)**
- Some surgical procedures and/or anesthetics may temporarily affect your breathing in the 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. If needed, we have contracted with a local, private respiratory care company that will provide you with home oxygen for up to 7 days. Please note that you may be required to pay a portion of the fee unless this is a covered benefit of your insurance.
- Call your surgeon’s office if you develop a cold, sore throat, fever or if any other illness occurs within 48 hours of your surgery.

*Thank you for choosing Denver Surgery Center. We look forward to providing you with a compassionate and high-quality outpatient surgical experience.*



*Excellence in Motion*

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Disorders of the Knee

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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:**



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## 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  
Aleve  
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  
Celebrex

Children's Chewable Aspirin  
Clinoril  
Damason-P  
Darvon with ASA  
Darvon-N with ASA  
Daypro  
Dia-Gesic Improved  
Diclofenac Sodium Potassium  
Disalcid  
Dolobid  
Dolobid #3 Tabs  
Easprin  
Ecotrin  
Ecotrin Max Strength Tabs  
Empirin with Codeine  
Equagesic Tabs  
Etodolac  
Excederin  
Feldene  
Fenoprofen  
Fiogesic Tabs  
Fiorinal Tabs & Caps  
Fiorinal with Codeine Caps  
Geiprin Tabs  
Ibuprofen Tabs  
Indocin  
Indomethacin  
Ketoprofen  
Lodine  
Lortab ASA Tabs  
Medipren Tabs & Caps  
Meloxicam  
Midol 200  
Mobic  
Motrin  
Motrin 200  
Motrin Tabs

Nabumetone  
Nalfon  
Naprelan  
Naproxen  
Naproxen Sodium  
Naproxyn  
Norgesic Forte Tabs  
Norgesic Tabs  
N-saids  
Nuprin Tabs  
Orphengisc w/Caff & Aspirin  
Orudis  
Oruvail  
Oxaprozin  
Oxycodone w/Aspirin tabs  
Percodan Tabs & Demi Tabs  
Persistins  
Piroxicam  
Regular strength tabs  
Relafen  
Robaxisal Tabs  
Roxiprin Tabs  
Rulen Tabs  
Salflex  
Salicylate's  
Soma Compound Tabs  
Soma Compound Tabs w/Codeine  
Sulindac  
Supac  
Synalgos DC Tabs  
Talwin  
Talwin Compound  
Tolectin  
Tolectin DS or 600  
Tolmetin  
Trilisate  
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
  - MARIJUANA
  - 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.

## A Dangerous Mix

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 [ianmedical@aol.com](mailto:ianmedical@aol.com) For more on herbals, try [altmed.od.NIH.gov](http://altmed.od.NIH.gov)

- **Find this article at:**
- <http://www.time.com/time/magazine/article/0,9171,998150,00.html>

# US Anesthesia Partners of Colorado Preparation for Surgery

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## 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](http://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 your care.

US Anesthesia Partners of Colorado

<https://www.usap.com/locations/usap-colorado/about-us>

303-785-4700





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## **SURGERY SCHEDULING DEPOSIT/CANCELLATION NOTICE**

The decision to proceed with a surgical procedure is often a difficult one. At Western Orthopaedics we respect your need for certainty regarding your decision to schedule the procedure. The administrative work involved in booking a procedure is extensive. Just as you would like to be certain of your choice, we also need to know that your decision is well thought out and secure.

We have a \$250.00 cancellation/rescheduling fee for those that schedule surgery and then cancel/reschedule. We will collect your credit card information and load it in a secure vault. Your card will not be charged unless you cancel or reschedule your surgery. We will charge the card at the time of cancelling or rescheduling.

This must be agreed to before we can book your case AND **faxed to 303-253-7406.**

*I have read and agree to the late cancellation fee policy:*

**PRINTED NAME:**

\_\_\_\_\_

**SIGNATURE:**

\_\_\_\_\_

**DATE:** \_\_\_\_\_

**MR#:** \_\_\_\_\_