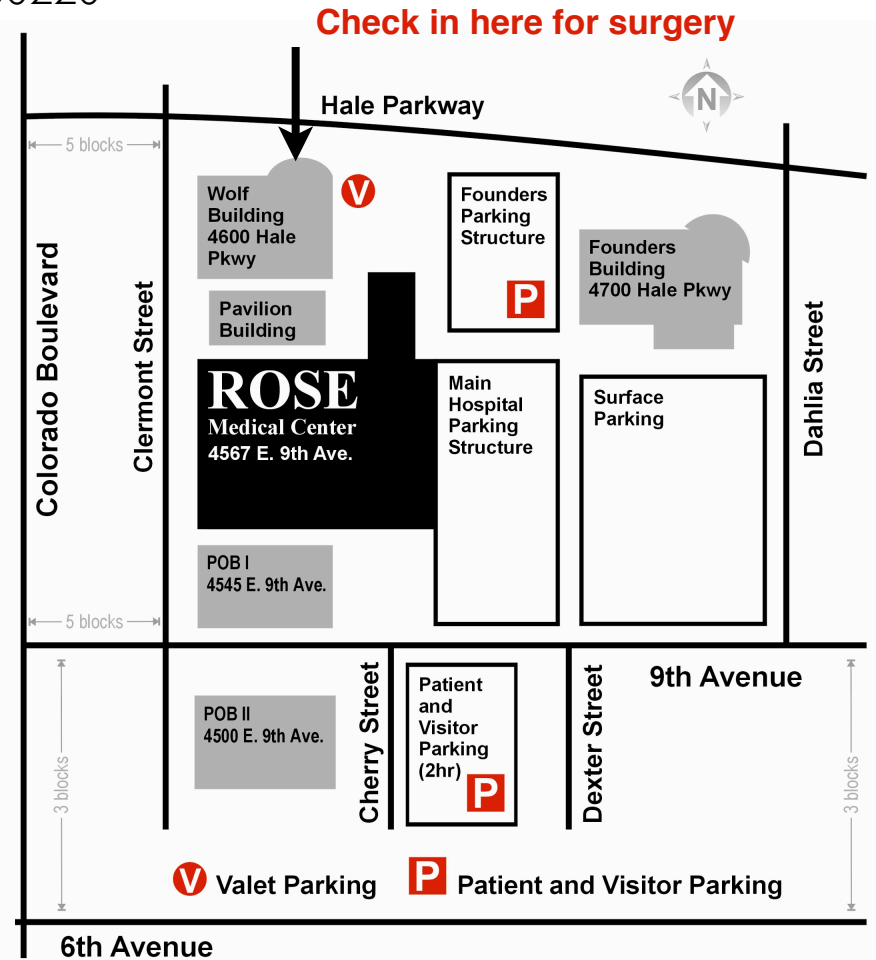
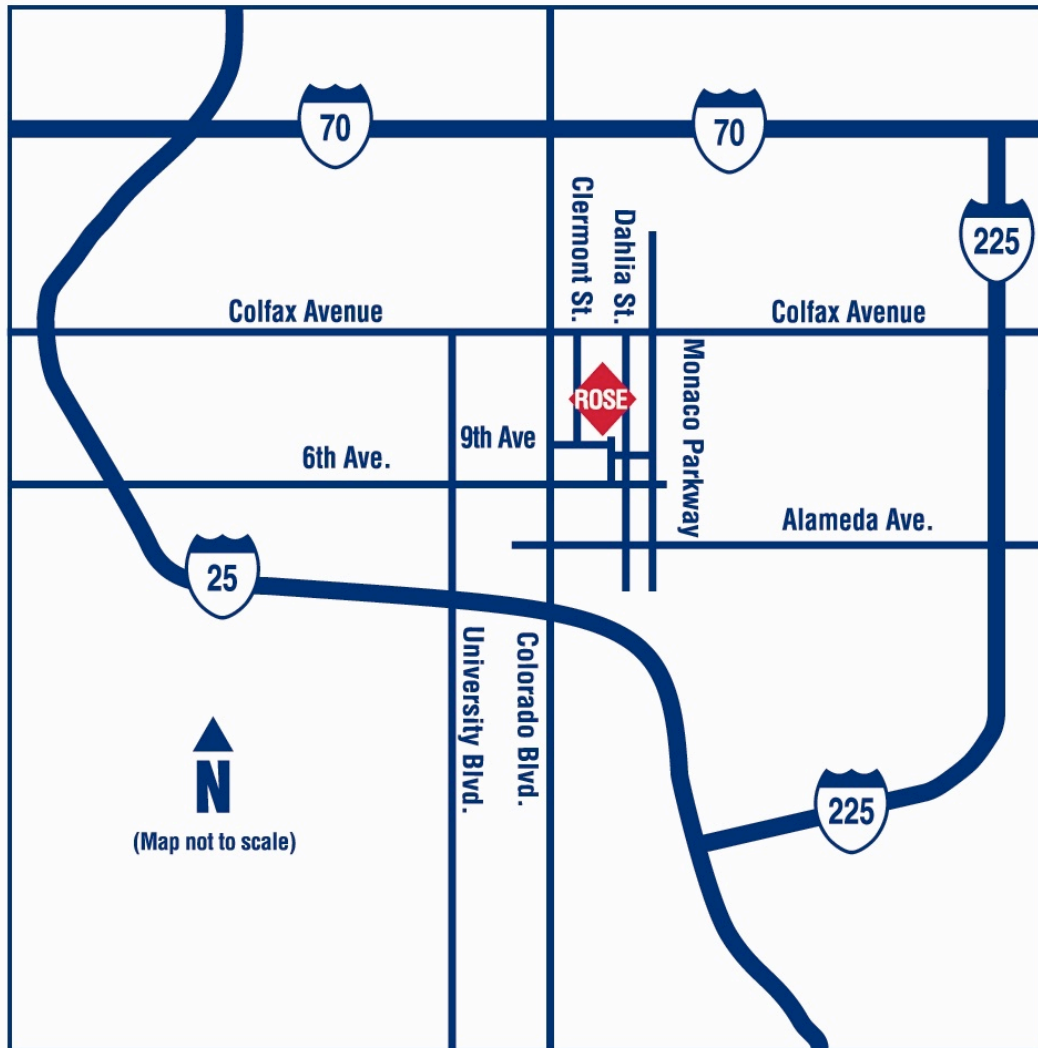


Directions to Rose Medical Center

Surgery Entrance located at the Wolf Building
4600 Hale Parkway, Denver CO 80220



Directions to Rose Medical Center

Surgery Entrance located at the Wolf Building
4600 Hale Parkway, Denver CO 80220

Driving from the NORTH:

- Driving north on I-25, exit east 6th Avenue (Exit 209A) and continue on east 6th Avenue until you reach Colorado Boulevard.
- Turn north on Colorado Boulevard.
- Turn east on 12th Avenue from Colorado Boulevard. 12th Ave turns into Hale Parkway
- Drive past the first set of lights at Clermont Street
- Take the first right thereafter and utilize the free valet parking located in front of the Wolf Building
- As you enter the Wolf Building, take the elevators located on the left to the 2nd floor for check in

Driving from the SOUTH:

- Driving south on I-25, exit Colorado Boulevard going north (Exit 204) and continue on Colorado Boulevard until 12th Avenue.
- Turn east on 12th Avenue from Colorado Boulevard.
- 12th Ave turns into Hale Parkway
- Drive past the first set of lights at Clermont Street
- Take the first right thereafter and utilize the free valet parking located in front of the Wolf Building
- As you enter the Wolf Building, take the elevators located on the left to the 2nd floor for check in

Driving from the WEST:

- Driving from the west by I-70, exit at Colorado Boulevard, south, (Route #2) (Exit 276).
- Go south on Colorado Boulevard until 12th Avenue.
- Turn east on 12th Avenue from Colorado Boulevard. 12th Ave turns into Hale Parkway
- Drive past the first set of lights at Clermont Street
- Take the first right thereafter and utilize the free valet parking located in front of the Wolf Building
- As you enter the Wolf Building, take the elevators located on the left to the 2nd floor for check in

Driving from the EAST:

- Driving east by I-70, exit at Colorado Boulevard, south, (Route #2) (Exit 276).
- Go south on Colorado Boulevard until 12th Avenue.
- Turn east on 12th Avenue from Colorado Boulevard. 12th Ave turns into Hale Parkway
- Drive past the first set of lights at Clermont Street
- Take the first right thereafter and utilize the free valet parking located in front of the Wolf Building
- As you enter the Wolf Building, take the elevators located on the left to the 2nd floor for check in on



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.

Orthopaedic Specialist
Sports Medicine
Joint Replacement/Reconstruction
Arthroscopy

Armodios M. Hatzidakis, M.D.

Orthopaedic Specialist
Shoulder and Elbow

Raj Bazaz, M.D.

Orthopaedic Specialist
Shoulder and Knee
Sports Medicine

Kevin K. Nagamani, M.D.

Orthopaedic Specialist
Foot and Ankle Surgery

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Hand Surgery

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and Elbow

Sean Baran, M.D.

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Disorders of the Hip and Knee
Sports Medicine
Joint Replacement

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:



1830 Franklin Street, Suite 450
Denver, Colorado 80218

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
 - 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 For more on herbals, try 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

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 your care.

US Anesthesia Partners of Colorado

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

303-785-4700

