



Dear Panorama Orthopedics and Spine Center Patient:

Thank you for choosing Panorama Orthopedics and Spine Center to perform your surgery. In order for the process to flow smoothly and efficiently, please allow surgery schedulers 5-7 business days to receive the correct information on you and your procedure. This allows the surgery scheduler to complete their part of the process before they contact you.

All Worker Compensation and Medical Lien patients require an authorization from your adjuster and/or Medical Lien Company prior to scheduling your surgery. In some cases, this authorization may take up to two weeks or longer to obtain.

Self Pay Patients must speak to our business office to arrange payment agreement prior to scheduling surgery.

Please read through the following pages of this packet for preoperative instructions, postoperative instructions, frequently asked questions and other resources that may be helpful throughout the surgery process.

Thank you,

Kylie Bower
Surgery Scheduler
Panorama Orthopedics and Spine Center
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Feel Better. Do More.



To main points to consider in the preoperative period are:

1. Medications
2. Crutches/Postoperative Equipment

Please stop taking aspirin or other anti-inflammatories one **week prior** to your surgery. In addition, other products such as Advil, Ibuprofen, Aleve, Motrin and Vitamin E may increase the risk of bleeding problems following surgery. For questions regarding other medications you may be taking please contact your primary care physician. Patients with rheumatoid arthritis should stop their rheumatologic medications according to their rheumatologist.

Very often crutches or a walker will be required following surgery for a short period of time. The King Soopers stores may be able to provide a loaner pair of crutches if needed.

Your crutches may not be covered by your insurance plan. Please check with your insurance company to find out whether crutches are covered under your plan. If your insurance company

requires a prescription for crutches in order to cover the expense, please ask us to provide you a prescription.

After Your Surgery (Postoperative)

Wound Care:

- **DO NOT get your dressing wet:**
You may shower as soon as you wish, as long as you keep your dressing covered and dry with a plastic bag. You may find it easier to take a bath and keep your leg out of the water.
- **Elevate your foot:**
Continue to elevate the extremity at least level to the ground and use an ice pack for 48 hours postoperatively to help decrease the pain and swelling. Do not place the ice directly on your skin or your toes themselves.
- **Medications:**
Prescriptions will be given at the time of surgery. You should not drink alcohol, use tranquilizers or sleeping pills while on narcotic medication.

If you are placed on the aspirin (ASA) 325mg twice a day for two weeks regiment for DVT prophylaxis, please be aware that NSAIDs can greatly reduce the effectiveness of the ASA. Celebrex is the only NSAID that can be taken while on the ASA DVT regiment.



- **Weight-bearing Status:**
Your weight bearing status will be determined by your physician.
- **Assistance with Care:**
You are advised to have someone drive you home from the Surgery Center or the Hospital. You will not be allowed to drive yourself home.
 - No driving or operating machinery.
 - No important decision making or signing of important documents.
 - Please have a responsible adult with you for the first several days after surgery.
 - Please beware you have to check in 2 hours prior to surgery.
- **Numbness and Tingling:**
It is common to have numbness and tingling after your surgery due to anesthetic blocks that have been placed during your surgery. This may last for 24 to 48 hours. If you believe that your numbness is being caused by a tight dressing, please unwrap your Ace wrap and re-wrap it looser. If you are unsure please call the office.
- **Warning Signs:**
Call your surgeon's office at 303-233-1223 for any of the following conditions:
 - Fever over 101.5 degrees
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 - If pain is unmanageable with pain medication, icing, elevating the extremity and loosening of the bandage.
 - Increased redness, warmth, hardness or streaking around or below the surgical areas or bandage.
 - Uncontrolled nausea or vomiting.
 - Increase calf pain.
 - Pain on passive motion of your toes or fingers.
 - Chest pain or difficulty breathing, new confusion and/or disorientation – call 911 immediately!

Frequently Asked Questions

- What should I do with the Disability/FMLA paperwork?
 - Please check in paperwork at our office prior to surgery or fax it to: 720-497-6716
 - Paperwork will be completed in five to seven business days.
- What is my weight-bearing status?
 - Assume you will be non-weight bearing after surgery unless otherwise instructed by the physician.
- What are the signs/symptoms of deep venous thrombosis/pulmonary embolism?
 - New or worsening calf pain, heat/warmth, swelling, shortness of breath or chest pain. If you experience any of these symptoms, please go to the nearest emergency room immediately.



PATIENT RESOURCE WEB SITES

- Panorama Orthopedics & Spine Center www.panormaortho.com
- On Health www.onhealth.com

In association with WebMD, this site has a magazine approach with articles covering everything from pregnancy to fitness to a symptoms checker. They also provide an online nurse to answer your specific questions for a small fee.
- National Institute of Health www.nih.gov

This site's Health Information section provides publications and fact sheets, ClinicalTrials.gov, health hotlines, A-Z topic index, institutes, MEDLINE plus other resources.
- WebMD Health www.webmd.com

A partner of HealthSouth, this site provides the latest information on healthy living presented in easy to read articles that cover all areas of health from alternative medicines to sport specific injuries. In addition, there is an online medical library, links to other web sites for information and health products and HealthTeacher.com, which provides an "alternative approach to improving school-based health education.
- Mayo Clinic's Health Oasis www.mayohealth.org

This site is directed by a team of Mayo Clinic physicians, scientists, writers and educators. It is updated by the Mayo Clinic Health Oasis each weekday to bring you the most relevant health information. The breadth and depth of Mayo's expertise allow them to present to most up-to date information on a wide variety of medical topics. Mayo Clinic Health Oasis gives you access to the experience and knowledge of the more than 1,200 physicians and scientists at Mayo. An editorial board of Mayo staff identifies important and timely health topics and selects specialists as expert sources for each of the articles you will find on this site. All articles are dated so you can tell when they were placed on the site. Any article more than three years old is reviewed to ensure it is still accurate and appropriate. You will find easy-to-read, relevant information for a healthier life. You will discover a growing database of explanations on how to treat common and not-so-common illnesses, as well as information on disease prevention.
- Health World Online www.healthy.net

Health World Online is a 24 hour health resource center – a virtual health village where you can access information, products and services to help create a wellness-based lifestyle.