



**THE STEADMAN CLINIC**

AND

**STEADMAN PHILIPPON RESEARCH INSTITUTE**

**Jared T. Lee, MD**

Aspen Medical Director  
Shoulder, Hip, Knee & Sports Medicine  
Orthopaedic Surgery

**Claire Wilson**

Practice Manager

**Blake Scherer, PA-C**

Physician Assistant

**Dana Koehn, PA-C, ATC**

Physician Assistant

**JoHannah Vossman, PA-C**

Physician Assistant

**Davy Brown**

Medical Assistant

**Jan Alfaro**

Medical Assistant

## DR. LEE SURGERY CHECKLIST:

You have been scheduled for a surgery with Dr. Lee. There are a few things that need to happen before we can proceed with surgery:

- 1) A pre-operative appointment is needed ***within 30 days of surgery.***

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

- We will review your surgery and have you sign the surgical consent
- If we are seeing you within 30 days of your surgery, a new appointment is not necessary

- 2) Set up your post-operative physical therapy appointments @ \_\_\_\_\_

- Physical therapy should begin on or about: \_\_\_\_\_
- We will send a prescription to the therapy office, but you are responsible for setting up your own appointments

### IF YOU HAVE A MEDICAL CONDITION WHICH REQUIRES PRE-OP CLEARANCE:

- 1) Schedule a pre-op appointment to see your primary care ***within 90 days of surgery***

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

- During this appointment you will discuss surgery and discuss your medical history and medications. The physician must clear you for surgery.
- You will complete preoperative labs and an EKG **2-4 weeks prior to surgery**

- 2) Anesthesia will review your preoperative labs and medical records. If indicated, a telehealth appointment will be scheduled by the anesthesia team.

**Surgery Date:** \_\_\_\_\_

- The same day surgery nurses will call you the afternoon before your surgery with check-in information, the time of your surgery, when to stop eating, etc.

**1<sup>st</sup> Post-Operative Appointment:** \_\_\_\_\_

**Location:** \_\_\_\_\_

- This appointment will be with one of the physician assistants ONLY. This is to check your incisions, discuss medications, and assess your general health.

Office of Jared Lee MD

The Steadman Clinic, Aspen

0401 Castle Creek Rd., St. 2100

Aspen, CO 81611

970.476.1100

thesteadmanclinic.com

Dr. Lee's Office 970.718.0920

Dr. Lee's Fax 970.300.2831

Main 970.476-1100

Jared Lee, MD

Physician Assistants: Blake Scherer, PA-C; Dana Koehn, PA-C, ATC; JoHannah Vossman, PA-C

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Practice Manager: Claire Wilson



# PREOPERATIVE PACKET

**Jared Lee, MD**

Orthopaedic Hip, Knee, Shoulder, Sports Medicine & Trauma Surgery

Please review the following information prior to your upcoming surgical procedure:

If you have questions, please contact our office directly at

**(970) 718 0920**

TeamLee@thesteadmanclinic.com

Visit ***www.jaredleemd.com*** for additional information

Jared Lee, MD

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## Patient Checklist to Complete Prior to Surgery

- ☐ **Ride Coordination:** After surgery you must be discharged to a responsible adult. Please be sure you have arranged a ride home with someone, **you may NOT drive yourself home from surgery.**
- ☐ **Travel Plans:** Surgery is an all-day event, so please plan accordingly. If you are scheduled for a morning surgery, you may want to consider a hotel room in the area for the night before surgery to avoid any stress the morning of surgery. Our concierge team is available to assist with travel accommodations and lodging. Please contact them at (970) 742-7031 or [aspenconcierge@thesteadmanclinic.com](mailto:aspenconcierge@thesteadmanclinic.com).
- ☐ **Post-Operative Appointment:** Our team will arrange your first post-operative appointment at the time your surgery is scheduled. Please contact Claire Wilson at (970) 456-2798 or [TeamLee@thesteadmanclinic.com](mailto:TeamLee@thesteadmanclinic.com) if you need to arrange, change, or modify this appointment.
- ☐ **Documentation (FMLA, school, or work):** If you need a letter from Dr. Lee for work or school purposes, please let us know as soon as possible. If you have paperwork that must be filled out, please email the forms as soon as possible to [TeamLee@thesteadmanclinic.com](mailto:TeamLee@thesteadmanclinic.com) or send them via fax to (970) 300-2831.
- ☐ **Physical Therapy:** Physical Therapy may be recommended following your surgery. Please coordinate your first physical therapy appointment to start 1-2 days following your surgery. Once you know the facility, please let us know as soon as possible, so we can send a prescription.
- ☐ **Insurance:** The Steadman Clinic Insurance Department will ensure prior authorization is obtained prior to your surgery. If you would like to personally confirm authorization, we always recommend calling your insurance company directly to discuss your benefits, coverage, and potential costs.
- ☐ **Pre-Operative Medical Clearance:** You will be notified by our team if pre-operative medical clearance is needed prior to your surgery. This appointment will most likely be with your primary care physician. This appointment must be completed within 30 days of your surgery, and the clinic notes need to be faxed to (970) 300-2831 or emailed to [TeamLee@thesteadmanclinic.com](mailto:TeamLee@thesteadmanclinic.com).
- ☐ **Dental Procedures:** If you are having a **total joint replacement**, you must suspend all dental work 6 weeks prior to your surgery, and for 12 weeks after your surgery. If you have any questions about this policy, please call Claire Wilson at (970) 456-2798.

### TEAM CONTACT INFORMATION

Team Fax: (970) 300 2831

Email: [TeamLee@thesteadmanclinic.com](mailto:TeamLee@thesteadmanclinic.com)

<b>Claire Wilson</b> Practice Manager (970) 456 2798	<b>Blake Scherer, PA-C</b> Physician Assistant (970) 580 6001	<b>Dana Koehn, PA-C, ATC</b> Physician Assistant (970) 580 6001	<b>JoHannah Vossman, PA-C</b> Physician Assistant (970) 989 3897	<b>Davy Brown</b> Medical Assistant (970) 618 3507	<b>Jan Alfaro</b> Medical Assistant (970) 987 0038
Appointment Scheduling General Questions Surgery Scheduling & Coordination	Prescription Medications Medical Questions Medical Concerns Wound Care	Prescription Medications Medical Questions Medical Concerns Wound Care	Prescription Medications Medical Questions Medical Concerns Wound Care	Pain Management General Questions Physical Therapy	Pain Management General Questions Physical Therapy

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## Pre-Operative Appointment with Same Day Surgery

\*The Aspen Valley Hospital Same Day Surgery Department will call you the day before your surgery\*

### This phone call will include:

1. A discussion with the pre-operative nurse to review your medical history and discuss pre-operative instructions. These instructions include your pre-operative diet, and post-operative instructions including activity, wound care, showering, pain management, follow-up care and to answer your questions.
2. A discussion with anesthesia regarding the type of sedation that will be used during your surgery.
3. If an EKG is required, you will be asked to obtain this prior to your date of surgery.
4. If you are having a total joint replacement (hip or knee), an appointment will be arranged for you to meet with physical therapy.
5. **The team will provide you with the scheduled time of your surgery and when you should arrive.**

### IMPORTANT CONTACT NUMBERS

Aspen Valley Hospital Same Day Surgery Department: (970) 544-1327

The Steadman Clinic: (970) 718-0920

The scheduled time of your surgery is determined by the hospital. You will be contact with the exact time of your surgery the day before. ***Note: If your surgery is on a Monday, you will be called the Friday before.***

Surgery Date: \_\_\_\_\_ M T W TH F

- ✓ Check in at Aspen Valley Hospital registration at least 1 hour before your scheduled surgery time.
- ✓ Before and after surgery: You might find it helpful to have someone with you to assist in remembering important details after your surgery. Due to the anesthesia, it is common to forget having seen the doctor to review your post-operative instructions.
- ✓ Please arrange for transportation home from the facility with a responsible adult. **You MUST have someone with you for discharge. You will not be allowed to leave the hospital unless there is a responsible adult present to collect you.**

### Post-Operative Appointment

Date & Time: \_\_\_\_\_ Day: \_\_\_\_\_ Location: \_\_\_\_\_

***Your first post-operative appointment may be with the physician assistant ONLY. This appointment is to check the surgical wound, rule out infection, remove dressing, splints and sutures, and will possibly include x-rays as needed.***

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## Nothing-by-Mouth Instructions for Aspen Valley Hospital

Your safety is our highest priority. The nothing-by-mouth guidelines need to be followed to prepare your body for anesthesia. These guidelines, adopted from the American Society of Anesthesiologists, helps to ensure you have the best outcome after surgery.

### The Guidelines are as follows:

1. No food after midnight of the night before your surgery.
2. You may have **clear liquids only** by mouth until 3 hours prior to your scheduled surgery time.

#### Clear Liquids Include:

- Water
- Apple Juice
- Other fruit juices without pulp
- Gatorade
- Ensure Pre-Surgery Beverage
- Tea or Black Coffee (without creamer/dairy/sugar/honey)
- Popsicles without fruit pieces (no smoothies)

#### Additional Notes:

- **NO** gum, candy, or lozenges allowed after midnight of the night before your surgery.
- **NO** chewing tobacco, smokeless tobacco, cigarettes, cigars or marijuana after midnight of the night before your surgery.
- **You may continue to take your scheduled, prescription medications by mouth with a small sip of water, unless you were specifically instructed not to take a certain medication by your physician.** Please closely follow your pre-operative medication instructions.
- **You may not drink alcohol the night before or day of your surgery.**
- You should have a light, carbohydrate filled dinner the night before your surgery (unless otherwise specified by your physician)
- Try to get at least 8 hours of sleep the night before your surgery.

The Aspen Valley Hospital Same Day Surgery Nurses will call you the day before your surgery to review these instructions and other pre-operative requirements. If you have any questions or concerns about these instructions, please contact the pre-operative nursing team at (970) 544-1327 during regular business hours.

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## PREPARING YOUR SKIN BEFORE SURGERY

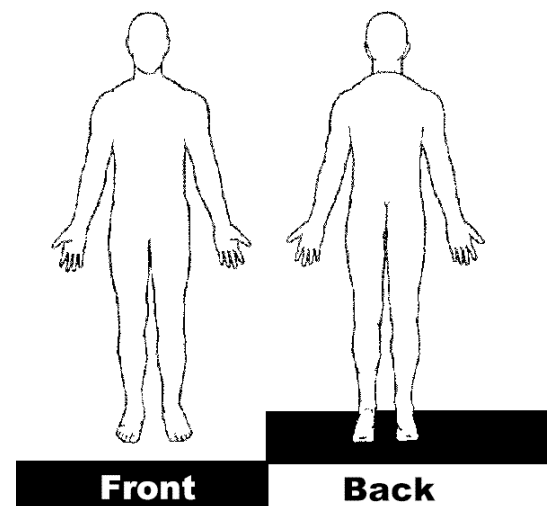
### ***2 showers. 2 days. Fewer germs.***

Cleansing your skin at home before your surgery reduces the risk of infection at the surgical site. The team has provided you 4% Chlorhexidine Gluconate skin cleanser (Hibiclens is the brand name) to reduce bacteria on your skin. Do not use Hibiclens if you are allergic to it.

### **How to shower using your skin cleanser**

**Skin Prep is to be done *the Night before surgery, and Morning of surgery:***

1. In the shower wash and rinse your hair, face, and body using your normal shampoo and soap.
2. Rinse hair and body thoroughly to remove soap and shampoo residue.
3. Turn off the shower (this will avoid rinsing Hibiclens too soon).
4. Pour a quarter size amount of provided liquid Hibiclens skin cleanser onto a wet, clean washcloth, and wash the SURGICAL LIMB; do NOT use on your face, hair, or genital areas. Keep Hibiclens out of eyes, ears, and mouth.
5. After washing the surgical limb, proceed to wash the remaining body from the neck down using the Hibiclens filled washcloth for 5 minutes; apply more Hibiclens skin cleanser as needed. Avoid scrubbing your skin too hard.
6. Turn on the shower & rinse the Hibiclens off your body completely with warm water.
7. Do NOT use regular soap after washing with the Hibiclens.
8. Pat your skin dry with a freshly laundered, clean towel after each shower cleansing.
  - Dress with freshly laundered clothes after each shower cleansing
  - Place clean sheets on your bed the night before surgery
  - **Do NOT apply any lotions, deodorants, powders or perfumes to your body**
  - **DO NOT SHAVE THE SURGICAL AREA.** Your nurse will use clippers to remove hair if needed at the surgical site. Using a razor to remove your hair before surgery can leave small cuts on the skin, which increases the risk of infection.



### **SHOWER CHECKLIST:**

- ☐ **Night before surgery: Date:** \_\_\_\_\_
- ☐ **Morning of surgery: Date:** \_\_\_\_\_

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Orthopaedic Surgery and Sports Medicine

The Steadman Clinic- Aspen & Basalt

Team Phone: (970) 718-0920



## **DISCONTINUING MEDICATIONS/SUPPLEMENTS BEFORE SURGERY:**

This document lists some common medications and supplements that may need to be discontinued prior to your procedure. Following these instructions may reduce side-effects and complications. We will discuss your prescription medications in detail at your preoperative surgery appointment.

### **14 days before planned surgery, stop taking:**

- **Monoamine Oxidase Inhibitors (MAOIs):**  
Isocarboxazid (Marplan), Phenelzine (Nardil), Selegiline (Emsam), Tranylcypamine (Parnate)
- **GLP-1 Agonists:**  
Semaglutide, Dulaglutide, Liraglutide, Lixisenatide, Exenatide, Tirzepatide, Ozempic, Wegovy, Mounjaro
- **St. John's Wart**
- **Recreational Drugs:**  
Cocaine, Heroin, Marijuana, Ayahuasca, Benzos, Ketamine, Anabolic Steroids, Tobacco/Nicotine and Vaping, Hallucinogens, Methamphetamine, LSD, MDMA, Alcohol, etc.

### **7 days before planned surgery, stop taking:**

- **Non-steroidal Anti-Inflammatory Drugs (NSAIDs):**  
Advil, Aleve, Anaprox, Ansaid, Arthrotec, Bextra, Celebrex, Daypro, Diclofenac, Ibuprofen, Indocin, KetoProfen, Lodine, Mobic, Naprosyn, Naproxen, Toradol, Relafen, Vicoprofen, Vioxx, Voltaren (oral)
- **Medications Containing Aspirin:**  
**(\*\*ONLY IF TAKEN FOR PREVENTION. i.e., no coronary, cerebrovascular, or peripheral vascular disease\*\*)**  
Alka-Seltzers, Anacin, Aspirin, Bayer, Arthritis, Bufferin, Darvon Compound, Ecotrin, Excedrin, Fiorinal, Pepto-Bismol, Percodan
- **Estrogen Products & Vasodilators:**  
Hormone replacement therapies, Viagra, Cialis
- **Anticoagulants & Antithrombotics:**  
**(\*\*NEED TO CONSULT YOUR PHYSICIAN TO MAKE SURE THESE ARE SAFE TO STOP\*\*)**  
Aspirin, Plavix, Eliquis, Xarelto, Pradaxa, Coumadin (Warfarin), Aggrenox, Ecotrin, Fragmin, Halfprin, Heparin, Lovenox, Orgaran, Persantine, Ticlid
- **Weight-loss Products & Nutritional/Herbal Supplements:**  
Any and all vitamins and supplements including but not limited to: Alpha-lipoic acid, Acetyl-1-carnitine, Calcium, Cinnamon, Chamomile, Creatine, Echinacea, Ephedra, Fish Oil, Garlic, Ginger, Gingko biloba, Ginseng, Glucosamine-Chondroitin, Glutamine, Goldenseal, L-carnosine, Licorice, Kava kava, Magnesium, Milk thistle, Multivitamins, Omega-3, Resveratrol, Skullcap, Turmeric, Vitamin E, Vitamin D, Zinc

### **The following medications may be taken until the day of your surgery:**

Acetaminophen (Tylenol), Dilaudid, Oxycodone, Norco, Vicodin, Percocet, MS Contin, ADD/ADHD Medications, Flomax, Rapafio, Myrbetriq, Bentyl, Irritable Bowel Medications, Asthma Medications, Beta Blockers, Calcium Channel blockers, Statins, Antiarrhythmics, Aldosterone Blockers, GERD Medications, Thyroid Medications, Parkinson's Medications, Oral Contraceptives

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## **THINGS TO PICK-UP FROM THE PHARAMCY:**

1. **Prescription Medications:** You will discuss your prescription medications with the physician assistant prior to your surgery. We will typically send these to the pharmacy 1-3 days prior to your scheduled surgery.

**\*\*If you are under pain management, have a history of substance use disorder, or issues tolerating prescription pain medications, YOU MUST DISCLOSE THIS INFORMATION TO US PRIOR TO YOUR SURGERY so we can adjust your medication management plan accordingly\*\***

**When you go the Pharmacy to pick up your prescriptions, please also pick up these over-the-counter items:**

1. A bottle of **extra strength 500mg Acetaminophen (Tylenol)**
2. A bottle of **200mg Ibuprofen (Advil)**
3. A pack of **Dulcolax 100 mg** Stool Softener (Take 1 tablet every 12 hours)
4. A pack of **Senna 8.6mg** Laxative (Take 1 pill up to twice a day every day that you take narcotics)
5. **A bottle of Hibiclens (Antiseptic Skin Cleanser)** if you were not given this by the team ----->
6. If you are having a lower extremity surgery, please also pick up a bottle of **81mg Aspirin**



## **MEDICATION INFORMATION:**

**Long-Acting Pain Medications (8+ Hours):** Oxycontin

**Short-Acting Pain Medications (4-6 Hours):** Oxycodone, Percocet, Vicodin, Norco

- Try to anticipate the need for this medication (i.e., take a tablet 30 minutes prior to physical therapy, prolonged ambulation, or sleep)
- Percocet, Vicodin, and Norco: have Acetaminophen in them – **DO NOT TAKE ACETOMINOPHEN (TYLENOL) IF YOU ARE TAKING ONE OF THESE MEDICATIONS.**

**Anti-Nausea Medication:** Ondansetron (Zofran)

**Over-the-counter Anti-Inflammatories (NSAIDS):** Ibuprofen (Advil), Naproxen (Aleve)

**Over-the-counter Pain Medications:** Acetaminophen (Tylenol)

**Blood Thinners:** Eliquis, Xarelto, Warfarin, Aspirin

**Stool Softeners/Laxatives:** Docusate Sodium (Dulcolax), Magnesium Citrate, MiraLAX, Senna, Bisacodyl, Enema



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## **Postoperative Bowel Regimen**

One of the major side effects of narcotic pain medication is constipation.

Narcotics slow down gut motility and can make it very difficult to have normal bowel movements after surgery.

This sheet will help you to keep from getting constipated from taking narcotic pain medications.

The medications listed here are over-the-counter. You do not need a prescription to get these medications.

We suggest taking this sheet to the pharmacy and having the pharmacist help you get the medications you will need.

Start with Step 1 on the day of surgery. Take a stool softener every day that you take narcotic pain medications.

Step 1 (if no results in 24 hours, move to step 2)

- A. **Dulcolax** 100 mg by mouth twice to three times a day and
- B. **Senna** 1 tab by mouth daily up to twice daily
- C. Do not take if having loose stools

Step 2 (If no results in 24 hours, move to step 3)

- A. **Dulcolax** 100 mg by mouth twice a day and
- B. **Senna** 2 tabs by mouth twice a day and
- C. **Magnesium Citrate** Laxative Solution

Step 3 (If no results in 24 hours, move to step 4)

- A. **Dulcolax** 100 mg by mouth twice a day and
- B. **Senna** 3 tabs by mouth twice a day and
- C. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 4 (If no results in 24 hours, move to step 5)

- A. **Dulcolax** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful daily in 8 oz crystal light or similar (or **Lactulose** or **Sorbitol** 15 ml by mouth twice a day)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 5 (Indicated for no Bowel Movement in 4 days)

- A. **Sodium phosphate enema** or
- B. **Oil retention enema** or
- C. **High-colonic tap water enema**
- D. Continue until adequate results

Step 6 (If no results in 24 hours, move to step 7)

- A. **Dulcolax** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful 1-2 times daily in 8 oz crystal light or similar (or **Lactulose** or **Sorbitol** 30 ml by mouth twice a day)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast

Step 7

- A. **Dulcolax** 100 mg by mouth twice a day and
- B. **Senna** 4 tabs by mouth twice a day and
- C. **Miralax** 1 capful 2-3 times daily in 8 oz crystal light or similar (or **Lactulose** or **Sorbitol** 30 ml by mouth four times daily)
- D. **Bisacodyl** rectal suppository 3-4 after breakfast



**\*\*YOU MUST CONTACT MEDEQUIP DIRECTLY  
IF YOU WISH YOU RENT/PURCHASE A UNIT\*\***

Medequip Inc.  
40928 Hwy 6, Suite D  
Avon, CO 81620  
970-476-7701 or email:  
[Aspendme@medequiportho.com](mailto:Aspendme@medequiportho.com)

## NICE1 Cold/Compression Therapy Iceless System

Week 1 - \$250  
Additional \$125/week



### KEY FEATURES

- Iceless - NICE patients do not need to place ice into the unit
- No need to add water! Patients do not have to worry about adding water to the unit once technician sets up the unit
- Allows for consistent temperature control ranging from 42F to 58F
- Easy to use "touch control" display screen that allows for easy and immediate control of cold and compression levels
- Allows for timed programmability and overnight utilization
- Form-fitting wraps designed specifically for each joint