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DAVIDSON  ORTHOPEDICS

Guide for Out of Town Patients

We are very appreciative that you are considering or planning to come to Park City/Salt Lake City for Orthopedic treatment with Dr. Davidson. It is our commitment to offer you the highest quality, most advanced orthopedic care. We have an experienced and professional team assembled for your orthopedic health care needs. Many patients come from out of town to receive knee and shoulder treatment here in our clinic under the care and direction of Dr. Davidson. We see patients every week from different parts of the USA and abroad. One of the reasons Dr. Davidson moved to Utah from Florida was to be centrally located in the USA, facilitating surgical care for patients traveling specifically for treatment. It is our intention as a dedicated team to provide you with comprehensive relevant information, guidance and communication to make this process as easy and straightforward as possible.

Getting ready for your initial consultation and remote treatment planning

1. GATHERING MEDICAL HISTORY AND INFORMATION:

_____ 1. **Over the phone/email consultation.** We have a great medical team and want to communicate and serve you as best as possible. Please contact either Dr. Phil Davidson phil.davidson@utahosic.com or Karen Gunter MS, PA-C karen.gunter@utahosic.com to inquire about possible treatment. Although this does not replace the one-on-one physical exam, it will give us an idea of what you are looking for. Karen will coordinate getting the relevant x-rays, scans and information to assess your case. All coordination of dates, surgery, or related questions can be directed to the clinical care coordinator (paige.holladay@utahosic.com or direct 801-797-8000). Remote evaluation to determine treatment in Utah is NOT associated with a fee. If you would like to have a formal consultation, phone call with Dr. Davidson, or report generated based on information provided then there is an associated fee, depending on case complexity.

_____ 2. **Send all pertinent medical records to our office.** This includes operative notes and photos, recent orthopedic surgeon visit notes, recent MRI reports and discs, X-ray reports and discs. Please address them to Davidson Orthopedics, Attn: Medical Records – 6360 South 3000

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East Suite 200, Salt Lake City, UT 84121. Please include your contact information so that we may respond once your records arrive.

2. PLANNING YOUR VISIT:

_____ **1. Initial visit.** Once you have an initial or preliminary plan for treatment, we need to schedule an initial consultation. Please contact us (801-797-8000) with your current insurance information to schedule a visit. (Our schedule is Tue/Thurs in Salt Lake City, Wed/Friday in Park City). Please arrive early to fill out paperwork, or complete the information on line.

_____ **2. Post-Operative visit.** If you are planning on having an initial visit, staying for surgery and follow up all in the same trip, we need to see you 2-4 days post operatively for a checkup. For example if you are having surgery Monday or Tuesday, you will need to follow up that Wednesday, Thurs, or Friday before you go home. You should schedule this visit before you arrive. We would like you to come back in approximately 3-4 weeks for a follow up. If you live close enough to drive home after surgery, please make a follow up for 7-10 days post-surgery in either office. Subsequent visits and further follow up care can either be here with us or at home and we can help you with coordinating those visits. We are available for ongoing communication and care coordination.

_____ **4. Hotel and Stay.** You are welcome to stay either in Park City or Salt Lake City. We also maintain a roster of recreational opportunities for accompanying family members. Park City and the Salt Lake area are beautiful to visit year-round, with affordable options to choose from. The arranged services we can assist you with include: transportation, lodging, outpatient and inpatient surgical services, "home" or hotel based nursing, "home" or hotel based physical therapy, and coordinated care with health care providers near home.

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3. SURGICAL INFORMATION:

___ **1. Planning a surgical date.** Depending on the type of surgery you need and your insurance, we will plan for you to have surgery either at Cottonwood Surgical Center (*6053 S. Fashion Square Drive Suite 10, Murray, UT 84107*), Park City Medical Center (*900 Round Valley Drive, Park City, UT 84060*) or Salt Lake Regional Medical Center (*1050 South Temple Salt Lake City, UT 84102*). Every Monday is surgery at Park City Medical Center, Tuesdays and 2nd and 4th Fridays at Cottonwood Surgical Center, and third Wednesdays of the month at Salt Lake Regional Medical Center. The surgical time is assigned by the surgical facility or hospital 24-48 hours prior to surgery. The facility where you are having surgery will call you directly.

___ **2. Insurance authorization.** Prior to surgery your insurance must approve your surgery and a payment must be made by you. Typically it takes 5-10 business days for insurance approval. Please plan accordingly and make sure to give us your current insurance information. You are expected to pay your anticipated surgical costs, coordinated with your insurance policy and status regarding copays and deductibles, in full prior to surgery.

___ **3. Medical History.** If you have any underlying medical conditions such as high blood pressure, stroke, clotting issues, cardiac or neurological problems, please let us know so we can help arrange preoperative medical screenings prior to your surgery.

___ **4. Pre-operative instructions.** Please STOP taking any of the following listed medications **7 days prior to surgery**, these may lead to increased risk of bleeding. The medications include: Alka Seltzer, Asprin, IBU, Aleve, Xarelto, Coumadin (unless directed by your surgeon for this procedure), Excedrin, Heparin, Nuprin, Plavix, Pletal, Salsalate, Ticlid, Toradol, Vitamin E, Vitamin B, St. John's Wort, Fish Oil or any other mega dose vitamins, these all thin the blood excessively for the surgery. You may take a multivitamin up to the day of surgery. You may

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resume your supplements and medications the day after surgery. **DO NOT DISCONTINUE ANY OTHER MEDICATIONS YOU MAY BE TAKING.** If you are taking Heparin, Xarelto, Coumadin, Plavix or Ticlid, please advise your doctor right away. Other preoperative instructions and surgical details will be discussed in your initial visit.

5. **Patient support.** You may not drive yourself home from surgery and will need someone to be with you during recovery including the night of surgery. No driving is permitted while taking pain medication.

POST SURGERY:

1. **Physical therapy and home health.** For most reconstructive surgeries, “home” health care will be ordered during your stay here. Once you return home you will need to select a physical therapist to continue care.

2. **Follow up visits.** We would like to maintain close contact with you via email or phone during your recovery process if you are not able to travel back repeatedly. You may need to have a physician check you wound or check your progress in-between return visits back to our clinic. Otherwise we would like you to return at the 3-4 week and 3-6 month post-operative time for check on your progress. These dates are flexible.

Thank you for your time and your interest in our practice. Dr. Davidson and his staff want you to be an active participant in your care, striving toward optimal outcomes and making knowledgeable health care decisions. We are devoted to helping you achieve an active and healthy lifestyle by providing the best and most current treatments for your orthopedic condition. Please feel free to call our office with any concerns or questions at (801) 797-8000

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