



CHAMPLAIN VALLEY ORTHOPEDICS

Champlain Valley Orthopedics (CVO) provides specialty musculoskeletal care, with a focus on our joint replacement program. Our professional scheduling staff, nursing staff, x-ray technologists, physician assistants and orthopedic surgeons work as a team to help you move forward toward regaining a more functional lifestyle.

When you first make an appointment with the CVO scheduling staff, we will obtain demographic and insurance information from you. We will also ask you to complete a packet of health history paperwork prior to being seen in the office. If you have already had x-rays or other diagnostic imaging completed at another facility, please let us know ahead of time. We may ask you to obtain these x-rays for review during your appointment with your orthopedic provider.

Upon your first visit to the CVO office, the nursing staff will review your health history paperwork and will ask you some questions to gain knowledge about your painful/limiting joint. We will ask you to change into a pair of our shorts/gown, or you may bring your own shorts if you prefer. If needed, we will take x-rays in order to better assess the condition of your painful joint(s) and assess your bone quality. Your orthopedic provider will get acquainted with you, review your x-rays with you, perform a physical examination and then help you come up with a treatment plan. Treatment options commonly discussed are exercise, weight loss, physical therapy, injection therapies, pain reducing medications and joint replacement surgery. If joint replacement surgery is being considered, you will see one of the orthopedic surgeons for further consultation.

If you and your orthopedic surgeon have both agreed that a joint replacement is the best treatment option, you will be referred to the CVO surgery scheduler who will assist you in selecting a surgery date. In most cases you will be asked to see your primary care physician for a pre-operative medical clearance appointment with electrocardiogram (EKG). CVO will schedule this medical clearance appointment for you, along with two additional appointments at Porter Hospital; one with the Anesthesia Department and one appointment with Physical Therapy. You may also be asked to return to the CVO office for a pre-operative appointment to discuss your surgery, have

A collaborative effort between Champlain Valley Orthopedics and Porter Hospital

your questions answered, have additional x-rays taken, if needed, to aid in templating (measuring your joint for your new prosthesis) and for completion of your pre-operative paperwork. We will do our best to be accommodating when scheduling appointments on your behalf.

Prior to your surgery, a member of our nursing team will speak with you about the option to donate your own blood (Autologous Blood Donation), in the case that you may need blood replacement during surgery or during your hospital stay. We will also offer you a referral for a pre-operative Home Health/ Visiting Nurses Association physical therapy visit. A physical therapist can come to your home before surgery for a visit to assess your home setting, address safety issues, make equipment recommendations and address stair use within your home. Our nursing staff will also discuss your discharge plan to either return home or to a rehabilitation facility.

Home Health / VNA nursing and PT services will be in place upon your discharge from the hospital. One of the Champlain Valley Orthopedic nurses will be in contact with you 1-2 times per week, for the first 4-6 weeks. If you transition to a rehabilitation facility, your facility nursing and PT teams will be in contact with CVO upon your discharge from Porter Hospital. We look forward to seeing you back in our office at your post-operative appointment.

Thank you for your interest in Champlain Valley Orthopedics. Our nursing team is available by phone to answer your questions or to act as your advocate if you have any questions for your orthopedic provider.

Please feel free to contact us: (802) 388-3194

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