

This packet includes information for patients who are preparing for spine surgery with us. There are many steps in preparing you for your surgery. Before proceeding with surgery, it is important to understand your surgery and the expectations in the following weeks and months. It is important for you to take a pro-active role in managing and understanding your healthcare needs.

Please read this information and share this information with your family and friends that will be assisting you with the post-operative period. It is important to us that you understand the expectations, goals, restrictions and ways in which you can help yourself have the best surgical outcome. Please contact us if you have any additional questions.

Patient Name: \_\_\_\_\_

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

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# UT Southwestern Zale Lipshy Pavillion–William P. Clements Jr. University Hospital

Zale Lipshy Pavillion – William P. Clements Jr. University Hospital  
5151 Harry Hines Blvd  
Dallas, Texas 75390

## Parking

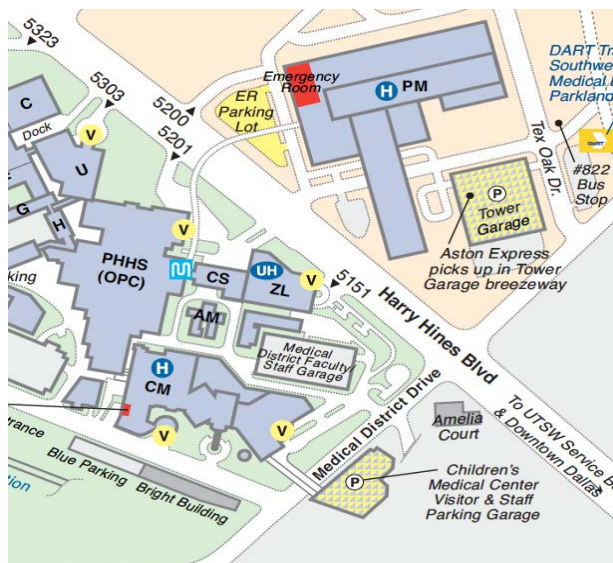
Valet and Tower Garage parking are available during your pre-surgery testing, surgery and hospital stay. Due to the limited parking options, Zale Lipshy patients are strongly encouraged to valet park. There is a small fee to Valet at Zale Lipshy. For more information, you may call parking services at 214-645-5555.

- Valet is available at the front of Zale Lipshy. Please carry in your parking ticket for validation by the staff.
- Self-Parking is available at the Tower Garage located at Medical District Drive and Tex Oak Drive next to the new Parkland Hospital.

### Valet Parking Hours:

- Monday-Friday: 5am to 10pm
- Saturday: 5am to 7pm
- Sunday: 7am to 7pm

For detailed directions to a particular clinical building, call 866-645-6455. For automated directions, call 214-648-6264.



## **Your provider has recommended surgery. Here's what to expect next:**

### **Insurance Authorization**

Our surgery scheduler will utilize the insurance information provided by you to verify your insurance coverage benefits for the procedure and advise you of any additional information needed by your insurance carrier. Once all necessary information is obtained, the scheduler will work with you to schedule the procedure.

Once your surgery date and case have been received, it will be posted and the insurance claim process will begin. You will be contacted via phone regarding your financial responsibility. Please note that it may take several days for your insurance company to approve the surgery claim. If an approval is not received by your surgery date, you may be canceled.

### **Enhanced Recovery After Surgery Program (ERAS)**

The purpose of the UT Southwestern Spine Center Enhanced Recovery After Surgery (ERAS) program is to improve patients' overall experience, outcomes, and satisfaction related to their surgery. This multidisciplinary approach to care involves members of the Spine Center including our neurosurgeons, orthopedic surgeons, psychologists, rehab specialists, anesthesiologists, internal medicine doctors, geriatricians, nurses, dietitians, and physical therapists. The program brings together a diverse group of specialists and experts to partner with our patients in their recovery, reduce the stress associated with surgery, reduce the occurrence of surgically related complications, speed the return to more normal activities, reduce costs, and improve those outcomes.

### **Enhanced Recovery After Surgery (ERAS) Class**

In addition to printed materials, we offer an in-person and virtual class that reinforces important aspects of the surgical experience and also provides an opportunity to ask questions of the clinical team. We also offer a tour of the inpatient unit where you will be staying. If you would like more information on this class, please ask your surgeon or the surgery scheduling team.

## Medical Clearance

Appointments that may be requested by your surgeon prior to surgery:

1. **General Internal Medicine Pre-Op Clinic Appointment:** This appointment includes a full head-to-toe assessment by an internist. This appointment is needed for patients that may have complex medical history and need an assessment to confirm that they are appropriate for general anesthesia.
2. **Perioperative Optimization of Senior Health (POSH):** This program is aimed at providing a comprehensive evaluation of older adults who are planning to undergo surgery. This appointment includes a preoperative evaluation to anticipate your individual risks related to surgery, and the development of a plan to optimize your health status throughout the surgical period to ensure the best possible outcome.
3. **Cardiac Clearance:** Your surgeon may request that a clearance be completed by your Cardiologist if you are currently on an anticoagulant (i.e. Xarelto, Eliquis, Coumadin) and/or have a medical history of cardiac issues.
4. **Behavioral Health Evaluation:** This appointment includes a full assessment by a psychologist to help ensure your optimal recovery and that you have an understanding of the expectations, goals, recovery and treatment plan in place.

## Rehabilitation Program

Your surgeon may request that you complete a pre-surgical rehabilitation program. The goals of this program are to improve strength, endurance, and functional mobility prior to surgery in order to optimize your recovery after surgery. A physical therapist will meet with you over one or more sessions to design a customized program to address your specific needs, and to prepare you for the rehabilitation process after surgery.

## Smoking Cessation

Recovering from surgery will be significantly easier if you quit smoking. Smoking puts stress on your body, decreasing blood flow to major organs, reducing your oxygen intake, lowering your overall ability to heal, and increasing risk of complications. For these reasons we require that any patients undergoing surgery with us stops smoking at least 6 weeks prior to surgery. Your provider and healthcare team can help you be successful, as can your primary care physician. Several prescription medications are available to reduce nicotine cravings. We can also connect you with a clinic on campus

that helps with smoking cessation, as well as referring you to support groups in the area. **You must quit smoking at least 6 weeks prior to your scheduled surgery date or else your surgery may be canceled.**

Please contact 214-648-1851 for questions and information regarding the Stop Smoking Program.

## Weight Management

BMI (Body Mass Index) is the relationship between your height and weight as a number. The ideal BMI range is 20-25. Over 25 is considered overweight and over 30 is considered obese. Obesity may contribute to increased rate of disc degeneration, spinal arthritis, and low back pain. Obesity also puts you at risk for type 2 diabetes, heart disease, kidney disease, stroke and certain cancers. Not getting enough sleep or increased stress can make it harder to stay at a healthy weight, making it tougher to be physically active and make smart food choices. Having a BMI greater than 30 puts you at a higher risk for post-operative complications including DVT, surgical site infection, longer surgery time, difficulty with pain control, breathing problems related to anesthesia, and increased blood loss during surgery. Working to improve your weight management both pre- and postoperatively will help improve your outcome from surgery and reduce the risk of future problems.

You should always consult a health professional before starting an exercise routine, changing your diet, or taking nutritional supplements. If you have any questions regarding weight management, please contact the clinic at 214-645-2225.

## Nutrition

Nutrition is a key component of your surgical recovery. Food nourishes you and helps your body heal from the stress of surgery. There are many areas to consider with nutrition such as protein needs, inflammation, vitamins and minerals, and constipation. If you are malnourished or at risk for malnutrition, it is important to improve your nutritional status before surgery in order to help reduce the risk of complications. You may supplement your food intake with high protein drinks such as Boost or Ensure. You should drink one, two times per day starting approximately 2 weeks prior to your surgery.

## Wearables

Patients with a MyChart account and an Apple phone or Android phone (Coming October 12<sup>th</sup>) can enroll in our wearables program where your pedometer information collected from your phone is dropped into your Electronic Medical Record. For more information on how to enroll in the program, please ask a clinic nurse.

## Pre-Surgery Testing

Your surgery and pre-surgery testing will be scheduled at UT Southwestern Zale Lipshy Hospital:

Zale-Lipshy Hospital  
5151 Harry Hines Blvd  
Dallas, TX 75390  
Phone: 214-645-4120

You will be contacted via phone or MyChart with a pre-surgery testing date and time and your post-op clinic appointment. This appointment will include a lab draw, speaking with the anesthesia team and a pre-surgery testing nurse. They will discuss your current medications, medical history and information regarding your surgery (i.e. time to arrive the day of surgery, preparations for the night before surgery, where to park). You do not need to fast prior to your pre-surgery testing appointment.

- **Please arrive 30 minutes prior to your scheduled appointment.**
- Report to the Admissions Office at Zale-Lipshy Hospital located on the first floor.

Items to bring to your Pre-Surgery Testing appointment:

1. A Form of Identification
2. Your Insurance card(s)
3. Your complete and updated medication list
4. Any imaging/study reports and/or surgical clearances you were asked to bring by your surgeon

**Pre-Surgery Testing is a requirement. Failure to attend may result in your surgery being canceled. Please make every effort to attend.**

## FMLA (Family Medical Leave Act)

FMLA forms can be completed if you are scheduled for surgery or if you have discussed these forms to be completed by your physician in the Spine Clinic.

- Please **allow 10 business days** for these forms to be completed from the time that the forms are received by our staff.

# **Surgical Procedure: Deformity Correction Surgery (Scoliosis/Kyphosis)**

Below are some commonly asked questions regarding the recommended procedure. Please discuss any questions or concerns that you may have with the spine clinic team.

## **What type of anesthesia will I have?**

The surgery is done under general anesthesia, which means you will be asleep during the procedure.

## **What happens during the surgery?**

During your procedure, your surgeon will remove the disc, ligament, or bone that is pressing on your nerves. Your surgeon may replace the disc with an implant. Your surgeon may also place screws joined together by a rod in the vertebrae. The screws and rods will be placed at multiple levels. The goal of the surgery is to correct the deformity of the spine, to stop the progression of nerve damage and to relieve the pressure from the nerve, allowing the nerve to calm down and heal itself.

## **What type of incision will I have?**

The size of your incision will be based on both your body weight and the number of levels that need to be fused. It will be located on your back, vertically along the spine.

## **How will my post-operative pain be managed after surgery?**

Oral pain medication and IV pain medication, if necessary.

## **What can I expect after surgery?**

As your nerves and tissue heal, it is not uncommon for you to experience other types of pain or symptoms. Your recovery time may vary but complete recovery may take several months. For most people, they will experience surgical pain for a few days and then nerve pain will gradually decrease over the next week or so. Some patients may experience pain in places that were not affected previously, this is usually normal. If you are experiencing pain that seems more severe than prior to your surgery, you will need to contact your doctor's office. Typically during the healing process, the severe pain decreases at first, next there is an increase in the patient's strength and then the numbness/tingling/burning sensations (if you have them) will decrease. As your activity increases, your pain may increase. This is normal and over time will gradually decrease.



### **Will I receive physical therapy in the hospital?**

This will depend on whether you are able to get up and walk around without assistance. Many patients who undergo this procedure will need physical therapy sessions to improve recovery. Physical therapy is very important to recovery, so please make every effort to participate when they arrive, as they may not be able to return. Typically, therapy will begin the day after surgery in the hospital. In addition to therapy sessions, plan to ambulate no less than three times daily. Outpatient physical therapy typically begins following the 6 week follow-up appointment.

### **How long will I spend in the hospital?**

Most patients stay 4 to 5 days following their surgery. However, you may require a longer stay based on how quickly you are healing and other factors.

### **Can my family stay with me in the hospital?**

Yes, one adult may stay. No children are allowed to stay overnight.

### **Will I need inpatient rehab, skilled nursing facility, or home health therapy?**

Physical therapy and occupational therapy specialists will evaluate you while you are in the hospital. If any of these services are deemed necessary, then our in-house social worker can set these up for you. Keep in mind the larger the procedure or more advanced your age, the more likely you are to need aftercare.

### **Are there any limitations on my activities after surgery?**

You are restricted from strenuous activity of lifting more than 10 pounds, bending, and twisting until cleared by your surgeon.

### **The day before surgery**

Expect a call from Pre-Surgery Testing the day before surgery, giving you an arrival time. You may call 214-645-4120 if you have questions regarding your arrival time.

## Medications to Discontinue Prior To Surgery

Any Aspirin or blood-thinning products **MUST BE STOPPED 7 DAYS PRIOR TO YOUR SURGERY** unless otherwise instructed by your physician. **You must adhere to these instructions or your surgery may be canceled.**

Please discontinue the use of these medications:

Aspirin	Doan's Pill	Naprosyn
All Aspirin products	Dipyridamole	Naproxen
Advil	Ecotrin	Norgesic
Alka-Seltzer	Empirin	Omega-3 Fatty Acids
Aleve	Excedrin	Os-Cal-Gesic
Anacin	Etodolas	Pepto Bismol
Anaprox	Feldene	Percodan
Arthotec	Fish Oil	Persantine
Ascpitin	Herbal Supplements	Piroxicam
Aggrenox	Ibuprofen	Plavix
Bextra	Incodin	Pradaxa
BC Powder	Indomethacin	Relafen
Bufferin	Lodine	Robaxisal
Celebrex	Lovaza	Rofecoxib
Celecoxib	Midol	Synalgos
Clopidogel	Mobic	Talwin
Coumadin	Meloxicam	Ticagrelor
Dabigatran	Nabumetone	Vicoprofen

- **You will get specific information about your medications at your PST appointment. If you take any cardiac medications, platelet inhibitor medications or blood thinning medications, please confirm your duration and plan with your cardiologist or neurologist.**

# Preparing for Surgery

## Weeks leading up to surgery

- It is important to remain as active as your symptoms permit up until the time of your surgery to prevent deconditioning. In addition, a healthy and balanced diet, which includes protein and plenty of fluids, is recommended unless your surgeon or physician has advised you otherwise.
- You do not need to pre-order any medical equipment for your home before surgery. Our care coordination team will facilitate ordering any necessary medical equipment that may be helpful during your recovery at home, such as a shower chair, cane, walker, wheelchair, toilet lift, bedside commode, reachers & grabbers.

## 1-Week Prior

- Do not take Aspirin, aspirin products, NSAIDs, vitamins or supplements, and Fish Oil 7 days prior to surgery. See attached medication sheet for a detailed list.

## The Day before Surgery

- **Arrival time:** Expect a call from Pre-Surgery Testing the day before surgery, giving you an arrival time. You may call 214-645-4120 if you have questions regarding your arrival time.
- **Eating & Drinking:** Your last heavy meal should be no later than 10:00pm the night before surgery. **DO NOT eat or drink anything after midnight with the exception of a 500mL carbohydrate drink (i.e. Gatorade) that must be finished up to 3 hours before surgery.**

## The Morning of Surgery

- **Oral Hygiene:** You may brush your teeth and/or gargle the morning of your surgery. Do not chew gum, mints, or candy. DO NOT smoke.
- **Cleansing:** Shower or bathe at home the morning of your surgery. Use the two chlorhexidine moistened wipes to wipe your spine/back area. Allow the solution to dry on your skin before dressing. You will need to remove contact lenses and dentures prior to surgery. Hearing aids may be worn.
- **Make-up:** DO NOT wear any make-up, lotions, creams, perfumes, powder or nail-polish the day of surgery. You may wear deodorant the day of surgery.
- **Clothing:** Wear comfortable, loose fitting clothing. Remove hairpins, wigs, and jewelry. Please do not bring any money or valuables with you to the hospital.

- **Medications:** Please do not bring home medications with you the day of surgery. Please bring a complete list of your medications and supplements with the doses and times listed. Always take heart and blood pressure medication prior to surgery, unless otherwise instructed by your physician. Do not take diabetic medication the morning of surgery, unless otherwise indicated by your physician.
- **Parking:** Valet parking is available at the front of Zale Lipshy Hospital. Please carry in your parking ticket for validation by the staff.
- **Arrival:** Arrive at UT Southwestern Zale Lipshy Hospital by your scheduled arrival time. **Go to the day surgery unit located on the 2<sup>nd</sup> floor.** Please bring your orange card with you.
- **Family:** Two family members or friends may stay with you until you leave the Day Surgery Unit for the operating room. They will then be escorted to the surgery waiting room where they will wait while you are in surgery and the recovery room. To optimize patient care and allow for other families, we request that you limit family and friends to four people. If you are scheduled to stay overnight or longer after surgery, then you will be taken to the recovery room, at which time a room assignment will be made and your family or friends will be notified in the Day Surgery waiting area.

## During your Inpatient Stay

During your inpatient stay, a team of doctors, advanced practice providers (physician assistants or nurse practitioners), nurses, and therapists will assist in your care. Your surgeon will direct your care team during the acute care phase of your recovery. Someone from the surgical team will see and examine you each day that you are in the hospital and keep him or her updated continuously regarding your progress, day or night. Please be assured that your surgeon is aware of your condition, even though another team member may be the one seeing you at any given moment. If you require inpatient acute rehab at Zale-Lipshy, the rehab team and physicians will assume primary responsibility for your day-to-day care and management. They are experts in postoperative rehabilitation and work very closely with our surgical team. Your surgeon and his or her team will continue to be available at any time, should any surgically related questions or issues arise, although you may no longer see them each day. If your next phase of care (rehab, skilled nursing facility, etc.) is done at another facility, your surgical team will work with the doctors overseeing your care at that facility to ensure that any surgery related issues or concerns that arise are addressed.

Please let your surgeon know if you have any questions about our team-based approach.

## Goals:

- Facilitate the safe transition from surgery and preparation for return to your home environment. Your anticipated length of stay is 4 to 5 days. This may be shorter or longer based on your condition and timing that post-operative goals are achieved.
- Pre-hospital education completed; expectations addressed:
  - Classes and video learning completed
  - Hospital/unit tour completed
  - Educational handouts provided
  - Community support resources provided
  - Surgery day/time scheduled
  - Pain goals, expectations with pain management addressed
  - Orthotics for brace-fitting and brace education (Brace to be delivered to hospital on day of scheduled surgery)
  - Social work/discharge coordinator consultation for rehab needs/expectations
- Discharge planning set-up:
  - Follow-up appointments arranged and confirmed
  - Pharmacy preference confirmed and E-Scribe prescriptions sent, or pharmacy to deliver medications to patient bedside
  - Transportation confirmed (date/time)
  - Discharge handouts/education/Plan of Care reinforced
  - Care provider and patient understands their roles, therapy goals, and home care expectations.

## Post-Operative Care by Day:

Post-Op Day 0:	Post-Op Day 1:	Post-Op Day 2-3:	Post-Op Day 4-5:
<ul style="list-style-type: none"> <li>▪ Work Pulmonary function with spirometer goal &gt;1500.</li> <li>▪ Start Working with therapists</li> <li>▪ <b>Mobilize, this is very important!</b> Start with ambulation from bed to chair.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Work with therapist twice a day and ambulate with brace on (If indicated), this is very important for recovery!</b></li> <li>▪ <b>Ambulate at least 3 times a day!</b></li> <li>▪ <b>Start intake of solid foods, very important for healing process!</b></li> <li>▪ Bowel care in place.</li> <li>▪ If tolerating liquids and solids, will wean off IV-fluids.</li> <li>▪ X-Rays will be done today.</li> <li>▪ Voiding on your own.</li> <li>▪ We will start transition of IV pain medications to by mouth pain medications.</li> <li>▪ PCA may be discontinued today.</li> <li>▪ Work pulmonary function spirometer goal &gt;1800.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Voiding on your own.</li> <li>▪ Work pulmonary function with spirometer goal &gt;2000.</li> <li>▪ By mouth pain medications only.</li> <li>▪ Regular Diet.</li> <li>▪ Bowel care.</li> <li>▪ Ambulating in hallway twice to three times a day with brace (if indicated).</li> <li>▪ Start planning discharge transportation</li> <li>▪ If X-Rays were not obtained on prior day, they will be obtained today.</li> <li>▪ PCA may be discontinued today.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Anticipate discharge <b>before noon</b> and discharge transportation confirmed.</li> <li>▪ All drains will be discontinued.</li> <li>▪ Wound dressing will be changed and instructions for wound care will be given.</li> <li>▪ Pain medication prescriptions will be sent electronically to the pharmacy of your choice.</li> <li>▪ Ambulating at least three times a day.</li> <li>▪ Discharge Instructions: when to call in emergency, signs of infection, brace use, home expectations, proper diet, bowel care, and medication education.</li> </ul>

## Rehabilitation:

During your inpatient stay, you will be evaluated by Physical Therapy and Occupational Therapy specialists. Physical Therapists will work with you during your stay to help you improve your ability to get in and out of bed, walk, use a wheelchair, or climb stairs. They will also assist with improving your balance, strength, range of motion, and activity tolerance. **In addition to therapy sessions, plan to ambulate no less than three times daily.** Check with a nurse or team member before getting out of bed to walk. Occupational Therapists will work with you to improve your ability to perform daily self-care activities such as bathing, dressing, grooming, eating and using the bathroom. A Care Coordinator or Licensed Social Worker will work with you during your hospital stay to develop a plan for discharge and transition to home or another level of care. They can answer any questions about insurance coverage, medical equipment and transportation.

Following your stay at Zale Lipshy, you may be discharged to one of the following:

- Home or self-care
- Home with home healthcare services
- Skilled nursing facility
- Intermediate/rehabilitation care facility
- Acute care rehabilitation facility

You may be asked to participate in an outpatient rehabilitation program beginning at about six weeks after surgery. Outpatient rehabilitation programs designed by physical therapists are individualized, and can range from one visit to establish an independent home exercise program to multiple sessions extending over several months. Using state of the art equipment, techniques, education, and exercises, an outpatient rehabilitation program can reduce post-surgical pain, improve spinal mobility, improve strength and endurance, improve gait and balance, and restore function. Long-term, you should commit yourself to regular, ongoing participation in a fitness and wellness program to maximize your spinal and overall health.

***Your disposition plan is determined by your medical needs, your insurance benefit options, and the evaluations of the clinical team. The criteria for admission to an acute care rehabilitation facility are stringent and are not determined by your surgeon. If you have questions regarding these criteria, please ask to speak with one of our licensed social workers.***

## Medical equipment:

Any DME (Durable medical equipment) that you may need will be arranged upon your discharge from the hospital. A social worker will go over the items that are covered by insurance. Some common DME that may be helpful during your recovery are a shower chair, cane, walker, wheelchair, toilet lift, bedside commode, reachers and grabbers.



# Discharge Instructions

## Activity:

No lifting, pulling, or pushing anything greater than 10 pounds until cleared by your surgeon. No bending or strenuous activity. No tub baths or swimming for 6 weeks after surgery, showers only. No driving until seen back in the Spine Center. It is find to do walking and light activities once you have been discharged. If you were given a brace in the hospital, you should continue to wear the brace when you are out of bed until cleared by your surgeon. **Continue to ambulate at least three times daily.**

## Symptoms to expect after surgery:

It is very common after surgery to have tightness and soreness around the incision area and the area of the lower to mid-back. In addition, you might experience mild, intermittent numbness and tingling on incision area, hips, buttock, legs and feet after surgery. In some occasions, your symptoms prior to surgery might worsen for a few days, but they will improve and resolve in time.

## Medications:

Please take medication as prescribed, and do not increase the frequency of the medication unless instructed by your physician. We have sent prescriptions for pain medication and muscle cramps to your desired pharmacy. Please keep in mind that while you are taking the pain medication, you cannot operate any motor vehicles. **If you were taking Aspirin, Warfarin (Coumadin), Plavix, Xarelto, or any other blood thinner or anti-platelet agent prior to surgery, please discuss the date in which you should restart the medication with your surgical team.** You should avoid takings non-steroidal anti-inflammatory medications (NSAIDs) until cleared to do so by your surgeon.

## Diet:

You may resume your usual diet. We recommend that you maintain adequate protein, fiber, fruits, vegetables and fluid intake in the early post-operative period, as this will help to speed up your healing. We also recommend an over the counter bowel regimen to avoid opioid induced constipation. If you have a history of renal failure, you should maintain your renal diet.

## Wound Care:

Avoid direct sun exposure to your incision. No tub baths or swimming for 6 weeks after surgery. Keep wound/incision(s) clean and dry. It is okay to shower and allow the wound/incision(s) to get wet. Wash over the wound/incision(s) gently with mild soap and water. Do not rub the wound/incision(s). Pat the wound/incision(s) dry with a clean cloth. There is no need for additional dressings to be applied to wound/incision(s) unless instructed prior to discharge. Please notify the physician for any redness, pus, bleeding,

or open spots in the wound/incision(s). If your wound/incision(s) has visible staples or sutures in place, they will be removed or addressed at your follow-up appointment. We typically use dissolvable sutures beneath the skin, which will dissolve within 6 to 8 weeks, and don't need to be removed.

### Reasons to notify your physician:

Notify your physician or go to the nearest ER for fever, redness, or pus from wound/incision(s), skin breakdown, increased confusion, sleepiness, or signs of medication withdrawal (irritability, agitation, seizures). Notify your physician for any chills, nausea, and vomiting. The Spine Clinic phone number is 214-645-2225. This line is answered 24 hours a day, 7 days a week. For routine questions or concerns, please contact the Spine Center at 214-645-2225 or by MyChart.

### Follow-up Appointments:

Please make a routine appointment with your PCP ***within 3 weeks of returning home.***

## Post-Discharge Recommendations

If you are traveling a long distance home or to another care facility it is recommended that you:

1. Get your medications filled locally if you are traveling over 2 or 3 hours
  - It is recommended that you use the ***Discharge Prescription Concierge Service at Zale Lipshy*** to obtain your medications prior to traveling. This service provides prescription delivery directly to your room before you leave. There is no additional cost for this service.
2. Get out and stretch every hour

It is also recommended that a family member or friend stay with you in the week following discharge from the hospital. You will need help with daily activities (i.e. Meals, etc.) as you will be moving slow.

**UT Southwestern Hotel Agreement Rates 2019**  
**(Patient Family & Friend Rates)**

**Candlewood Suites Dallas Market Center**

7930 N. Stemmons Freeway Dallas, TX 75247

P:214.631.3333

Complimentary shuttle service to UTSW, 5 mile radius from hotel, and to Love Field airport; complimentary internet access, weekly housekeeping service, full kitchen; complimentary laundry facility; free business center with computer, copier, fax; complimentary fitness center; outdoor swimming pool. Full service restaurant in walking distance to hotel.

**Studio Queen Suite:**

\$79.99 - standard rate (1-6 nights)  
 \$74.99 - standard rate (7-14 nights)  
 \$69.99 - standard rate (15-29 nights)  
 \$62.99 – Extended Stay (30+ nights)

**One Bedroom Suite/ One Bedroom Double Beds Suite:**

\$84.99 - standard rate (1-6 nights)  
 \$79.99 - standard rate (7-14 nights)  
 \$74.99 - standard rate (15-29 nights)  
 \$66.99 – Extended Stay (30+ nights)

**Two Bedroom 2 Bath Executive Suite:**

\$129.99 - standard rate (1-6 nights)  
 \$124.99 - standard rate (7-14 nights)  
 \$119.99 - standard rate (15-29 nights)  
 \$109.99 - standard rate (30+ nights)

\*Please request for UTSW Rates upon booking

Rates effective through December 31, 2019

**Courtyard by Marriott Dallas Medical/Market**

2150 Market Center Blvd, Dallas, TX 75207

P: 214.653.1166

At the Courtyard, you will enjoy an outdoor pool and fire pit, complimentary wi-fi throughout the property, and The Bistro, which offers healthy choices, a variety of breakfast and dinner options, and evening bar, and specialty beverages made with Starbucks coffee.

**\$99.00 Single or Double Occupancy (Thurs-Sun)**

**\$115 Single or Double Occupancy (Mon-Wed)**

\*Please request for UTSW Rates upon booking

Rates effective through December 31,2019

<b><u>DoubleTree by Hilton Hotel Dallas - Market Center</u></b>	
2015 Market Center Blvd, Dallas, Texas, 75207	
P: 214.741.7481	
The DoubleTree by Hilton Hotel Dallas Market Center is conveniently located less than 2 miles away from UT Southwestern. Shuttle service is available for a 3 mile radius around the hotel. The guest rooms and suites offer the perfect blend of traditional comfort and modern convenience with complimentary wireless high-speed Internet access. Enjoy a workout in the Pre-Core Certified Fitness Center. Dine in at Terranova Cafe - open for breakfast, lunch or dinner daily. Full American Breakfast Buffet included in room rate.	
<p><b>\$135.00 - Standard or Double Room</b></p> <p><b>Blackout Dates:</b>  January 16-20, 2019  January 28-30, 2019  March 1-3, 2019  April 12-14, 2019  June 19-23, 2019  June 26-28, 2019  September 24-27, 2019  October 1-4, 2019  October 11-13, 2019  November 15-18, 2019</p>	
*Please request for UTSW Rates upon booking	Rates effective through December 2018
<b><u>Fairfield Inn &amp; Suites by Marriott Dallas Medical/Market</u></b>	
2110 Market Center Blvd, Dallas, TX 75207	
P: 214.760.8800	
At Fairfield, you will enjoy an outdoor courtyard and fire pit, complementary wi-fi throughout the property, and a complimentary breakfast buffet.	
<p><b>\$99.00 Single or Double Occupancy</b></p> <p><b>Blackout Dates:</b>  January 15-17, 2019  June 18-20, 2019  October 1-3, 2019</p>	
*Please request for UTSW Rates upon booking.	Rates effective through December 31,2019

<b><u>Hilton Anatole</u></b>	
2201 North Stemmons Freeway, Dallas, Texas, 75207	
P: 214.748.1200	
4 Diamond/4 Star luxury hotel with 24-hour room service plus 4 exceptional restaurants featuring SER Steak + Spirits. Five Star restaurants on-site, and complimentary parking and wi-fi.	
<p><b>\$178.00 NLRA – Standard King or Double/Double Room</b>  <b>\$206.00 NLRA – Deluxe/Corner Room</b>  <b>*NLRA - "No Last Room Availability" during high demand</b></p> <p><b>**An automatic \$25.00 Daily Resort Fee will be charged.</b>  Resort fee covers: complimentary parking (value of \$19 per day), standard in room Wi-Fi, pool access, access to Verandah club &amp; fitness center (value of \$18 per day), Two Starbucks drip coffees, kids under 12 eat dinner for free options, 15% off spa services and access to JadeWaters when in season</p> <p><b>Blackout Dates:</b>  January 15, 29-31, 2019  February 1, 5-6, 12-14, 2019  March 4 &amp; 13, 2019  May 6-8, 2019  July 31, 2019  October 11-12, 2019</p>	
*Please request for UTSW Rates upon booking	Rates effective through December 2018
<b><u>Hilton Garden Inn Dallas/Market Center</u></b>	
2325 North Stemmons Freeway, Dallas, Texas, 75207	
P: 214.634.8200	
Shuttle service to/from Love Field and DART rail, in-room microwaves, refrigerators, coffee makers, hairdryers, iron and ironing board. Video on-demand movies, video games. Complimentary high speed Internet access, telephones equipped with two lines, data ports and voice mail. Pavilion Pantry convenience mart open 24-hours a day. 24 hour business center with remote printing and on-site guest laundry facility. USA Today newspaper delivered to guestrooms each weekday morning. Members of the Hilton HHonors guest reward program earn Points & Miles for every qualifying stay. Fitness center, outdoor pool and whirlpool. The Great American Grill offers breakfast and dinner.	
<p><b>\$123.00 - Run of House (weekday)</b>  <b>\$92.00 - Run of House (weekends)</b></p>	
*Please request for UTSW Rates upon booking	Rates effective through December 31,2019

<u><b>Hotel Crescent Court</b></u>	
400 Crescent Ct, Dallas, TX 75201	
P: 214.871.3200	
Full Service, recently renovated, Hotel with 24 hour room service, concierge service and full spa services. Nobu Restaurant and Capital Grille are in the hotel complex. Complimentary sedan service within a five-mile radius of hotel.	
<p><b>\$220.00 - Superior Guestroom</b></p> <p><b>Blackout Dates:</b>  May 17-19, 2019  August 30-September 1, 2019  September 27-30, 2019  October 11-13, 2018</p>	
*Please request for UTSW Rates upon booking	Rates effective through December 31,2019
<u><b>Le Meridian Stoneleigh</b></u>	
2927 Maple Avenue, Dallas, TX, 75201	
P: (214) 871-7111	
<p><b>\$209.00 – Classic King Bed</b>  <b>“Non Last Room Availability” and are net non-commissionable.</b></p>	
*Please request for UTSW Rates upon booking	Rates effective through December 31,2019

<u><b>Hyatt House Dallas/ Uptown</b></u>	
2914 Harry Hines Blvd, Dallas, TX 75201	
P: 214.661.8702	
Full kitchen, complimentary full breakfast, gated parking garage, all accommodations are accessible through interior corridors, complimentary high speed internet access, and an array of amenities.	
<p><b><u>Studio King Suites</u></b>  <b>\$129 per room night (1-4 night stays)</b>  <b>\$119 per night (5-11 night stays)</b>  <b>\$109 per room night (12-29 nights stays)</b>  <b>\$99 per room night (30+ night stays)</b></p> <p><b><u>One Bedroom King Suites</u></b>  <b>\$139 per room night (1-4 night stays)</b>  <b>\$129 per room night (5-11 night stays)</b>  <b>\$119 per room night (12-29 night stays)</b>  <b>\$109 per room night (30+ night stays)</b></p>	
*Please request for UTSW Corporate Rates upon booking. Rates effective through December 31,2019.	

<b><u>Sheraton Suites Market Center Dallas</u></b>	
2101 North Stemmons Freeway, Dallas, TX, 75207	
P: 214.747.3000	
Shuttle service within three miles (Love Field and UT Southwestern), exercise facility, Indoor/Outdoor Pool.	
<p><b><u>Monday-Thursday Rates</u></b>  <b>\$139 - Standard Single</b>  <b>\$159 - Standard Double</b>  <b>\$169 - Club Level Room</b></p> <p><b><u>Friday-Sunday Travel Rates</u></b>  <b>\$119 – Standard Single</b>  <b>\$139 – Standard Double</b>  <b>\$154 – Club Level Room</b></p> <p><b>Blackout Dates:</b>  January 16-22, 2019  June 19-23, 2019</p>	
*Please request for UTSW Rates upon booking	Rates effective through December 31,2019
<b><u>Warwick Melrose Hotel Dallas</u></b>	
3015 Oak Lawn Ave Dallas, Texas 75219	
P: 214.521.5151	
AAA Four Diamond Upscale Hotel and Restaurant with complimentary shuttle service to UT Southwestern and within 3 miles of hotel based on availability. 184 over-sized guest rooms with luxury linens, complimentary executive fitness center, complimentary basic high speed internet, anytime check in/out, valet parking available, 24 hour room service, and concierge services. Fine dining at The Landmark Restaurant and the Library Bar features light dinners, classic beverages and live music nightly.	
<p><b>\$179 - Classic King or Double</b>  <b>\$199 - Deluxe King or Double</b>  <b>\$229 - Corner King</b>  <b>\$329 - Deluxe Suite</b></p> <p><b>Blackout Dates:</b>  January 13-20, 2019  January 30, 2019  February 1, 2019  February 3-7, 2019  February 17-20, 2019  April 7-10, 2019  May 17-19, 2019  June 18-22, 2019  September 8-10, 2019  October 11-13, 2019  November 3-7, 2019  December 1-5, 2019</p>	
*Please request for UTSW Rates upon booking	Rates effective through December 31, 2019