

# Welcome to Fort Worth Orthopedics

Dr. Steven Singleton and the staff at Fort Worth Orthopedics look forward to serving you. When being evaluated for treatment, we ask that you tell us about the sports you play and the season, whether you are a recreational, college, or professional athlete, and the length of time you can devote to recovery. This information will help us expedite your treatment.

## What to Bring

1. **MRIs** on a CD or film and the report are needed. If the CD is mailed, please bring a copy to your first visit.
2. **Medical history forms** and new patient paperwork will be emailed to you. Please bring completed paperwork to your visit.
3. **Reports about all injections or procedures** you have had performed with dates.
4. **Other test results** including EMG, physical therapy/ chiropractic evaluations, etc.
5. **Surgical reports** including the date and type of surgery, and the technique and instrumentation used.
6. **Family members** can be helpful at your appointment. Coaches and agents are welcome, as long as they have your permission to attend.
7. **Insurance information** is needed from you, by email or fax, prior to your arrival, especially if you are coming strictly for surgery.
8. **Comfortable clothes**, such as a T-shirt, shorts and slip-on shoes, should be brought to wear after surgery.
9. **Medication** that you take regularly should be brought also.
10. **Contact information** such as the best phone number to reach you, as well as an email address where we can send the paperwork should be provided before your procedure. If you are traveling, your hotel and arrival information will also be helpful.

## Your First Visit/Pre-Op with Dr. Singleton

Please be sure to let the appointment scheduler know where you are from and when you plan to arrive. Please bring the CD with the MRI imaging or the actual films, along with your doctor's report, if it has not been obtained from your hometown by our office before your appointment.

If you are traveling some distance to see Dr. Singleton, we will make every effort to coordinate and complete everything at one time.

### Steven B. Singleton, M.D.

**Texas Health Harris Methodist Southwest Fort Worth**  
6301 Harris Parkway, Suite 200 | Fort Worth, TX 76132  
Phone: 817-433-3450 | Fax: 817-294-6429

In addition, when surgery is needed please plan to arrive the day before the procedure for an appointment and we will answer any questions you may have.

Stop taking aspirin and NSAID's five days before your appointment and confirm that you have received documentation required for insurance purposes from Dr. Singleton.

## Post-Op

**Sutures:** Dissolvable sutures are in your scope portals (unless otherwise specified). These require no special care as the sutures are underneath your skin and will dissolve. If you have a larger incision, a regular suture may be used. These are removed two weeks after surgery.

**Physical Therapy:** Following your initial visit with Dr. Singleton, we ask that you contact your local orthopedic surgeon to get a recommendation for a physical therapist. A copy of the surgery report will be faxed to your surgeon, and the therapy protocol will be faxed to your local therapist. Dr. Singleton and a qualified therapist will be happy to help guide your local physical therapist in your rehabilitation, if needed. Before your surgery, we may provide you with a physical therapy prescription to give your local physical therapist.

**Pain Medication:** Dr. Singleton will provide a prescription for pain which will usually be enough medication following your surgery. However, if it is not, your primary care physician or pain management doctor may prescribe medication for you.

**Flying:** Please take an 81 mg aspirin the night before and the morning of your flight. While in flight, walk around every 30 minutes (unless the seat belt sign is on), do ankle pumps every few minutes and drink plenty of water, Gatorade or other electrolyte drinks. Please, avoid alcohol.

**Driving home:** If you are driving, it's important to walk every hour for at least 5-10 minutes. Do ankle pumps and take an 81 mg aspirin the night before and the morning of your travel. Drink plenty of water, Gatorade or other electrolyte drinks.

**Follow Up:** The majority of follow up is done over the phone, as long as there isn't a lingering issue. Usually we plan on a follow-up appointment at 2 weeks, 6-12 weeks and 6 months post-op.

### Texas Health Clearfork location

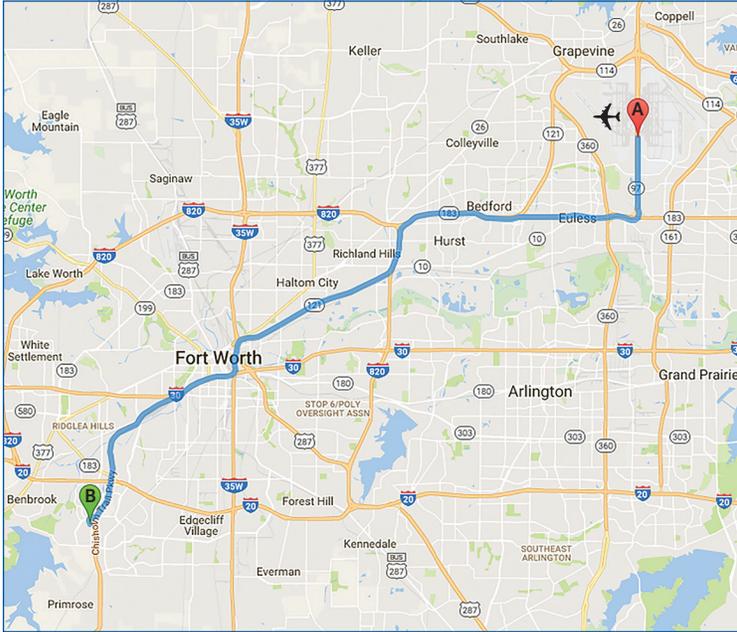
5400 Clearfork Main St. | Fort Worth, TX 76107  
Phone: 817-433-7000



Part of Texas Health Physicians Group

# Fort Worth Accommodations/Attractions

Fort Worth is an exceptional town to explore if you have the opportunity. When arriving, the Dallas-Fort Worth Airport (DFW) is about 50 minutes (depending on traffic) from Fort Worth Orthopedics. Meacham Airport, a private airport with jet service is available about 30 minutes from our office. The Dallas Love Field Airport is just over an hour away.



## Local Hotels

Two locations offer good hotel accommodations: Southwest Fort Worth near Bryant Irvin Road and Overton Ridge/I-20 or downtown Fort Worth near the Sundance Square. Sundance Square also offers a variety of restaurants, shops and activities. If you stay downtown at The Omni or Worthington hotels, remember to get the tolltag option from your rental car agency, as the new Chisholm Trail Parkway/Tollway will decrease your drive time considerably.

## Southwest Fort Worth Hotels

### Courtyard Fort Worth West

6600 Overton Ridge Blvd., Fort Worth | 817-294-7600

### Homewood Suites by Hilton

6350 Overton Ridge Blvd., Fort Worth | 817-585-1160

### Holiday Inn Express & Suites

4609 Citylake Blvd. W., Fort Worth | 817-292-4900

## Downtown Fort Worth Hotels

### The Worthington Renaissance

200 Main St., Fort Worth | 817-870-1000

### Omni Fort Worth Hotel

1300 Houston St., Fort Worth | 817-585-1160

## Fort Worth Attractions

<https://www.fortworth.com/things-to-do/attractions/>

### Museum District

[www.fortworth.com/things-to-do/museums-and-galleries/](http://www.fortworth.com/things-to-do/museums-and-galleries/)

- Amon Carter Museum of American Art  
[www.cartermuseum.org/](http://www.cartermuseum.org/)
- Kimbell Art Museum  
<https://www.kimbellart.org/>
- Modern Art Museum of Fort Worth  
<http://www.themodern.org/>

### Sundance Square - Restaurants and shopping

<https://sundancesquare.com/>

- Bass Hall  
<http://www.basshall.com/>

### Historic Fort Worth Stockyards

<http://www.fortworthstockyards.org/>

- Billy Bob's Texas  
<http://billybobstexas.com/>

### Trinity Park and Fort Worth Botanical Gardens

<http://www.fwb.org/>

### Texas Christian University

- Sporting events (seasonal)  
<http://www.gofrogs.com/>
- Theatrical, musical, cultural events  
<https://what2do.tcu.edu/>

We hope to make your time in Fort Worth as enjoyable as possible while we work to get you back on your feet. In order to make your appointment and trip go efficiently and comfortably, please be sure to inform our front desk staff as requested above. We look forward to seeing you in Fort Worth. If you have any questions regarding your upcoming time in the area, please don't hesitate to contact us.

*Steven B. Singleton, M.D.*

## Rental Car Agencies

**Avis** | 1-800-352-7900

**Budget** | 1-800-214-6094

**Enterprise Rent-A-Car** | 1-855-266-9565

**Hertz** | 1-800-654-4173



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