



Penn Medicine

Princeton Health

WELCOME

Dear Patient,

Thank you for choosing the Shoulder Center at Penn Medicine Princeton Health for your care. Our primary goal is to prepare you for a successful surgery and recovery. We provide comprehensive state-of-the-art care that offers the highest level of comfort. As a patient, you have access to our dedicated orthopaedic nurse navigator who will guide you through your shoulder replacement journey. This knowledgeable and caring nurse is available to you before, during, and after your procedure, providing education, answering questions, and assisting with your transition to home. Our surgeons, orthopaedic nurses, physical therapists, and pharmacists are specially trained to provide excellent care.

Our Shoulder Center is one of just a few hospitals in this region to hold the Joint Commission's Disease-Specific Care Certification in Shoulder Replacement Surgery. At the Shoulder Center, our surgeons, advanced technology, and highly trained staff work in strategic harmony to deliver seamless care and outstanding outcomes.

Frederick Song, MD
 Medical Director, Penn Medicine
 Princeton Health Shoulder Center

Elizabeth Shokoff, MSN, RN, ONC
 Director, Penn Medicine Princeton
 Health Orthopaedic Service Line



The Shoulder Center at Penn Medicine Princeton Health has earned the **Joint Commission's Gold Seal of Approval®** by achieving Certification for Shoulder Replacement.



This is a symbol of excellence and reflects our commitment to meeting performance standards at the highest level.

Contact Information

If you have any questions throughout your shoulder replacement journey, please contact the orthopaedic nurse navigator at **609.853.7973** or PMCSoulderCenter@penmedicine.upenn.edu.

Orthopaedic Nurse Navigator

609.853.7973

Princeton Medical Center (Main Hospital)

609.853.7000

Pre-Admission Testing

609.853.7360

Patient Portal



Please sign up for our patient portal, MyChart by MyPennMedicine, at [MyPennMedicine.org](https://www.mypennmedicine.org) or scan this QR code.

This platform will enable you to safely and securely communicate with your care team, pay bills, view test results, and access and share your health information.



Preparing for Shoulder Replacement Surgery

Pre-Operative Education Class

We've designed a special pre-operative education class to make sure you are fully prepared for your shoulder replacement surgery. The class will help you better understand the shoulder replacement process and what to expect throughout your journey.

For further information about the pre-operative education class, call **609.853.7973** or email PMCSoulderCenter@pennmedicine.upenn.edu.



You can register for a pre-operative education class at PennMedicine.org/Princeton-Preop-Education or by scanning this QR code.



Pre-Admission Testing

Complete pre-admission testing no more than 30 days prior to your surgery date. Your pre-admission testing appointment consists of blood work, EKG, a nursing assessment, and consultation with a representative from the Department of Anesthesia. The day of your pre-admission testing appointment, you may eat breakfast and take all of your daily medications. Please bring a list of all your medications (with dosages and frequencies), as well as any over-the-counter drugs, vitamins, supplements, and patches to your pre-operative visit with the surgeon and to your pre-admission testing appointment. Alert your surgeon if you have any changes in medications or in your medical condition after your pre-admission testing appointment.

Arrival Time Confirmation

The business day before your surgery, you will receive a phone call from a hospital representative to confirm your expected arrival time. If you are not available at the time of the call, a message will be left on your voicemail. Follow the directions you receive from pre-admission testing or your surgeon regarding what you can eat or drink the night before and day of surgery.



Surgery Locations

Your surgery may take place at one of three locations:

Princeton Medical Center

1 Plainsboro Road
Plainsboro Township, NJ 08536

The Stephen & Roxanne Distler Center for Ambulatory Surgery

Princeton Medical Arts Pavilion
5 Plainsboro Road
Plainsboro Township, NJ 08536

Monroe Ambulatory Surgery Center

8 Centre Drive
Monroe, NJ 08831

Rehabilitation

You may use any outpatient location for your rehabilitation after surgery. Penn Medicine Princeton Rehabilitation offers outpatient physical therapy at several locations to help with your recovery after shoulder replacement surgery. Improving your functional ability and independence is our primary goal.

Please call us at **609.853.7840** to schedule an outpatient physical therapy appointment.



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