



Lancaster General Health

Preparing for Shoulder Replacement Surgery

Checklist for Patients

Here is a list of tasks you will need to complete before your surgery:

Schedule surgery

Name of Surgeon

Phone Number

Arrival Date & Time

Identify a “coach” to help you before, during, and after surgery

Name of Coach

Phone Number

Complete pre-admission testing

Appointment Date & Time

Obtain clearances (if required)

Name of Primary Care Provider

Phone Number

Appointment Date & Time

Name of Dentist

Phone Number

Appointment Date & Time

Name of Cardiologist

Phone Number

Appointment Date & Time

- Take medications as directed by your care team
- Stop alcohol, smoking, and narcotic use as directed by your care team
- Create a weight loss plan (if required)
- Follow nutrition recommendations from your care team
- Complete any pre-operative questionnaires required by your care team
- Complete pre-operative exercises as directed by your care team
- Prevent surgical site infections as directed by your care team
- Prepare your home (you may be asked to complete a home assessment evaluation)
- If you are directed to conduct outpatient therapy following surgery, be sure to schedule your first appointment before surgery
- Schedule transportation for your surgery
- Complete a pre-operative call to confirm your surgery arrival time
- Follow surgery preparation instructions provided by your care team



Coach's Guide

Once you've identified a shoulder replacement coach, please provide them with the following checklist to prepare them for their role:

Before surgery:

- Review this guidebook with the patient
- Attend all pre-operative appointments with the patient
- Assist the patient with pre-operative exercises
- Assist in preparing the patient's home for discharge

In the hospital:

- Help the patient stay motivated
- Ask the staff/patient for updates on progress and any changes in the plan
- Encourage the patient to ask for pain medications when needed
- Learn how to care for the incision and to identify the signs and symptoms of infection
- Understand and reinforce precautions with the patient
- Attend therapy sessions with the patient and provide encouragement
- Discuss discharge plans with the patient and team members
- Provide transportation to and from surgery (discharge can be as soon as the day of or the day after surgery)

At home:

- Assist the patient in following all discharge instructions and precautions
- Be sure the patient is doing post-operative exercises each day
- Encourage the patient to increase their activity level each day
- Monitor pain levels (they should decrease over time)
- Prepare healthy meals
- Drive or arrange transportation for the patient to and from all appointments until driving restrictions are lifted by the surgeon
- Support and encourage the patient on all progress



Medication List

Please keep this form updated and share it with your care team when needed:

Medication Name	Dosage	How many times a day?	What time of day?	
			AM	PM
			AM	PM
			AM	PM
			AM	PM
			AM	PM
			AM	PM
			AM	PM
			AM	PM
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Pre-Admission Testing

Please refer to your guidebook for more information about pre-admission testing. We welcome you to use any of our Lancaster General Health laboratory testing sites listed below to assure that your results are placed in our system. **You can walk into any of these convenient locations, or skip the wait by calling 717.544.5941 (or toll free at 877.643.7518) or scheduling online through MyLGHealth.** Please be sure to bring your provider's order with you.



LG Health Columbia

306 North 7th Street
Columbia, PA 17512
717.544.5941

LG Health County Line

Village at Gap Shopping Center
5360 Lincoln Highway, Gap, PA 17527
717.442.8111

LG Health Crooked Oak

1671 Crooked Oak Drive
Lancaster, PA 17601
717.544.5941

LG Health Downtown Pavilion

540 North Duke Street
Lancaster, PA 17602
Lab Testing – Ground Floor
717.544.5941

LG Health Ephrata Urgent Care

895 East Main Street
Ephrata, PA 17522
717.721.4585

LG Health Express – Giant

1605 Lititz Pike
Lancaster, PA 17601
717.735.3995

LG Health Harrisburg Avenue

217 Harrisburg Avenue
Lancaster, PA 17603
717.544.8500

LG Health Kissel Hill

51 Peters Road
Lititz, PA 17543
717.544.5941

LG Health Lebanon

1701 Cornwall Road
Lebanon, PA 17042
717.675.1750

LG Health Lincoln

101 Larkspur Lane
Ephrata, PA 17522
717.738.0660

LG Health Manheim

700 Lancaster Road
Manheim, PA 17545
717.665.2496

LG Health Norlanco (Elizabethtown)

424 Cloverleaf Road
Elizabethtown, PA 17022
717.544.5941

LG Health Parkesburg

950 South Octorara Trail
Parkesburg, PA 19365
610.857.6616

LG Health Strasburg

505 Historic Drive
Strasburg, PA 17579
717.687.0313

LG Health Suburban Pavilion

2100 Harrisburg Pike
Lancaster, PA 17601
717.544.5941

LG Health Willow Lakes

212 Willow Valley Lakes Drive
Willow Street, PA 17584
717.544.5941

Walter L. Aument Family Health Center

317 Chestnut Street
Quarryville, PA 17566
717.544.5941

If you have a blood test completed called a “Type and Screen,” they will place a red bracelet on your wrist. Please do not remove this red bracelet.

Please Note:

If you choose to have testing completed at a facility that is not on the list, please make sure that your information is faxed to the Lancaster General Health Document Imaging Department at 717.544.8884 2–3 weeks before your surgery.

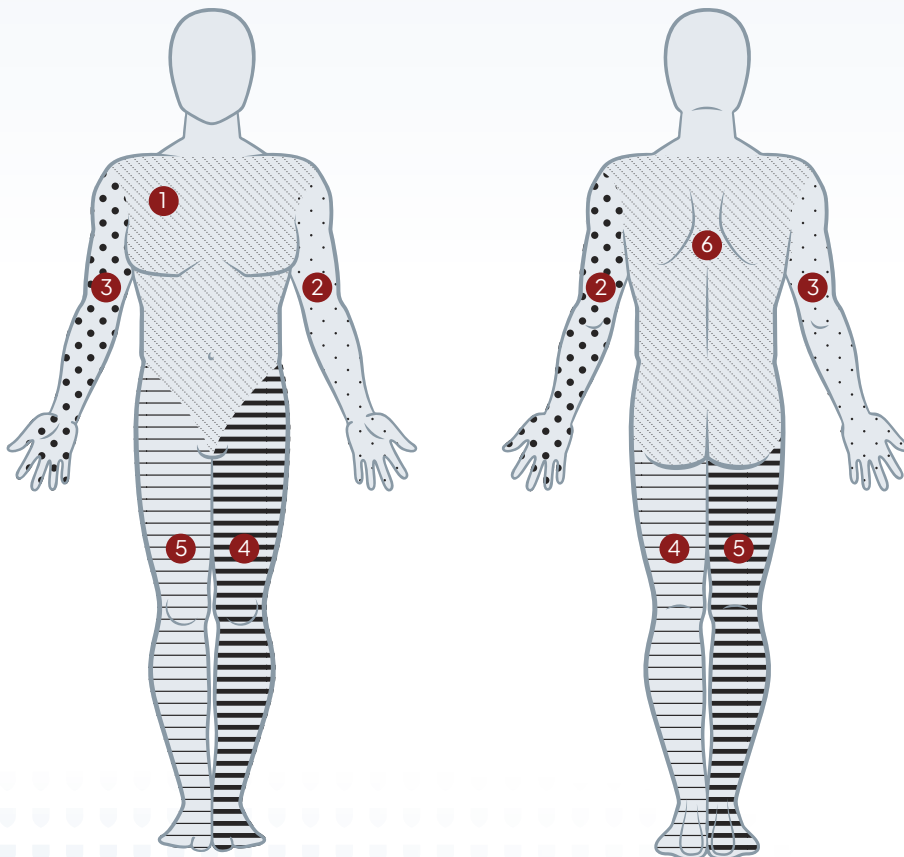
Preventing Surgical-Site Infections

During your pre-admission testing, you will be required to complete a nasal swab test to detect for staphylococcus aureus. If your nasal swab test is negative, you will need to use Chlorhexidine Gluconate (CHG) cloths the evening before your surgery. If it is positive, you will need to use the cloths 5 days prior to your surgery. Your surgeon's office will provide these cloths.

To reduce the risk of potential complications and infections, please follow your surgeon's instructions on how to clean your skin the night before surgery. You may be given Chlorhexidine Gluconate (CHG) wipes or cloths, which are antiseptic to help reduce the risk of getting a staphylococcus aureus surgical site infection. If you receive this

product from your care team, it's very important that you use it at home as instructed the night before your surgery:

1. Shower or bathe using a clean washcloth.
2. Dry using a clean towel.
3. Use 1 cloth/wipe for each of the 6 body areas (see diagram below), starting from the neck down. Do not use on your head unless instructed by your care team and avoid your eyes, ears, mouth, and genital area. Pay special attention to your neck and skin folds.
4. Wipe your skin in a circular or back and forth motion.
5. Throw away each cloth/wipe. Do not flush them down the toilet.
6. Let your skin dry for about 5–10 minutes. It may feel sticky until it dries.
7. Put on clean pajamas.



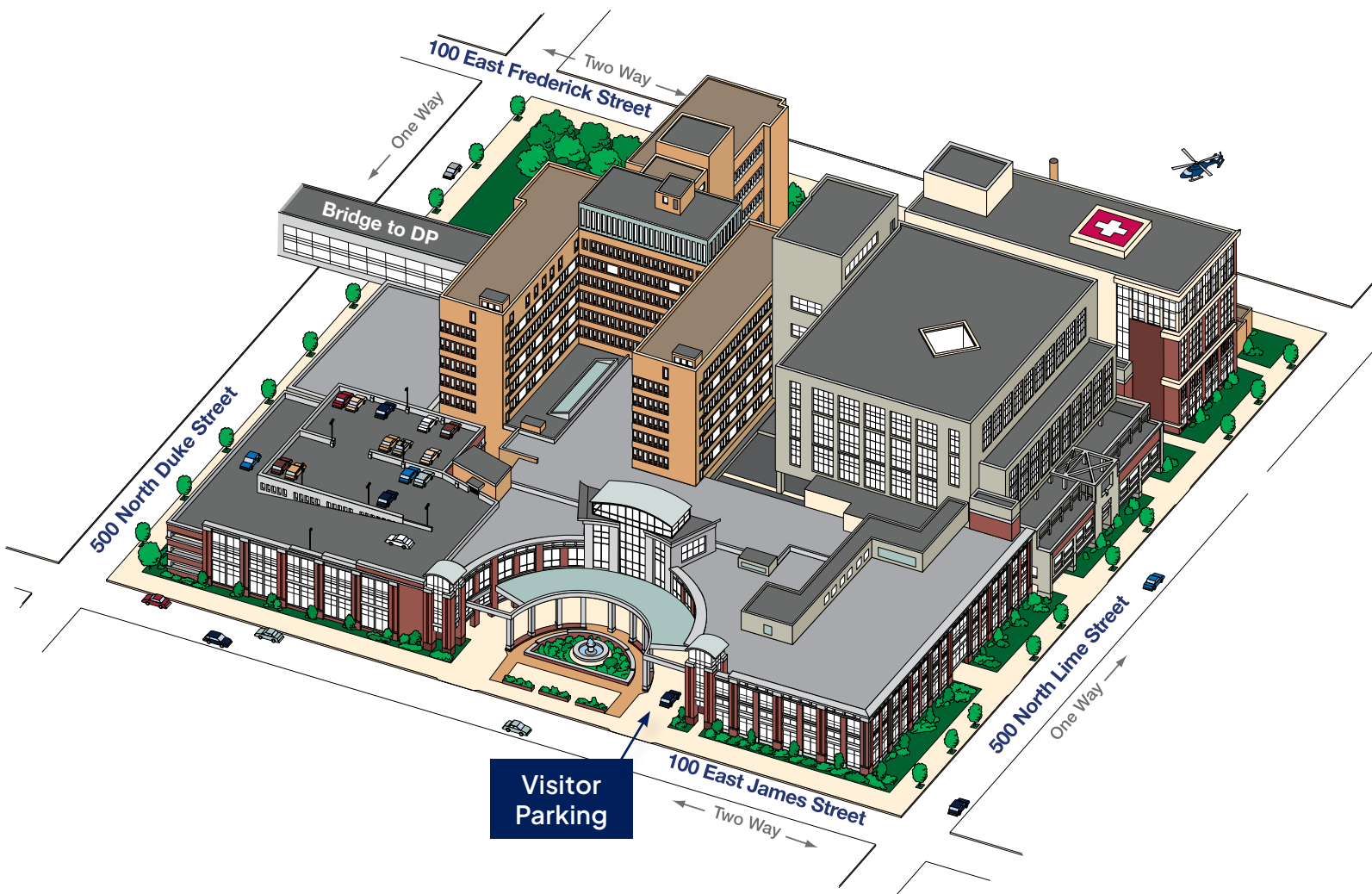
Shoulder Replacement Surgery

Map & Parking

The Orthopaedic Center at Lancaster General Hospital

555 N. Duke Street, Lancaster, PA 17602

On the morning of surgery, you may park in the Visitor Parking Garage. This is also called the James Street Parking Garage located off of James Street. After parking, take the elevator from the garage to the first floor. All patients and visitors must check in at the information desk on the first floor of the main lobby. After checking in, you will be instructed to the Orthopaedic Center on the second floor.





Recovery

When you are medically stable after surgery and a bed is available, you will be moved from the Post Anesthesia Care Unit to the Orthopaedic Unit, 4 Lime.

Pharmacy

Prescriptions for any medications you may need can be filled at the Lancaster General Hospital Convenience Pharmacy prior to your discharge. Ask your care team about our Meds on the Move program, which delivers over-the-counter discharge medications and assistive equipment to your hospital room so you don't have to stop to pick them up on the way home. We can also connect you with a pharmacist if you or your coach have any questions.

Please call the pharmacy at 717.544.8607 with any questions. Payment for medications and/or equipment will be needed at the time of purchase.

Natural Options for Healing

To help you through recovery, we offer free natural options for healing. Please ask your care team if you would like any of these services:

Aromatherapy

- Essential oils (lavender, peppermint, and ginger) are available for inhalation via a sniffer
- Lavender lotion is available for a gentle soothing single hand massage (recommended at bedtime)

Massage Therapy

Massages support healing, ease pain, and enhance recovery.

Therapeutic Music

Music is used to relieve physical and emotional stress by influencing your body's response to pain and discomfort by having a positive impact on your pulse, blood pressure, breathing, and muscle tone. Calming music can lower anxiety, pain, tension, and stress levels. Music can also be a source of motivation during rehabilitation.

Visualization

Visualization uses your internal power of imagination to produce a positive mind and body response. It promotes relaxation, decreases anxiety, reduces pain, and generates an overall feeling of well-being.

Rehabilitation

For your convenience, Lancaster General Health Outpatient Therapy offer several locations for you to complete rehabilitation after your shoulder replacement surgery. Under the guidance of your surgeon, our team of experienced therapists will create a therapy plan that is personalized for your needs. **Please refer to the phone numbers listed below to schedule your outpatient therapy or call centralized scheduling at 717.544.3270.**

LG Health Columbia

306 North 7th Street, Columbia, PA 17512
717.684.1418

LG Health County Line

Village at Gap Shopping Center
5360 Lincoln Highway, Gap, PA 17527
610.857.6614

LG Health Downtown Pavilion

540 North Duke Street, Lancaster, PA 17602
717.544.2340

LG Health Physical Therapy at Eden Road

730 Eden Road, Lancaster, PA 17601
717.735.9737

LG Health Kissel Hill

51 Peters Road, Lititz, PA 17543
717.627.7006

LG Health Lebanon

1701 Cornwall Road, Lebanon, PA 17042
717.675.1813

LG Health Lincoln

101 Larkspur Lane, Ephrata, PA 17522
717.738.5545

LG Health Manheim

700 Lancaster Road, Manheim, PA 17545
717.665.3665

LG Health Norlanco (Elizabethtown)

424 Cloverleaf Road, Elizabethtown, PA 17022
717.544.6330



LG Health Parkesburg

950 South Octorara Trail, Parkesburg, PA 19365
610.857.6614

LG Health Strasburg

505 Historic Drive, Strasburg, PA 17579
717.588.1580

LG Health Suburban Pavilion

2100 Harrisburg Pike, Lancaster, PA 17601
717.544.3103

LG Health Willow Lakes

212 Willow Valley Lakes Drive
Willow Street, PA 17584
717.517.5334

Walter L. Aument Family Health Center

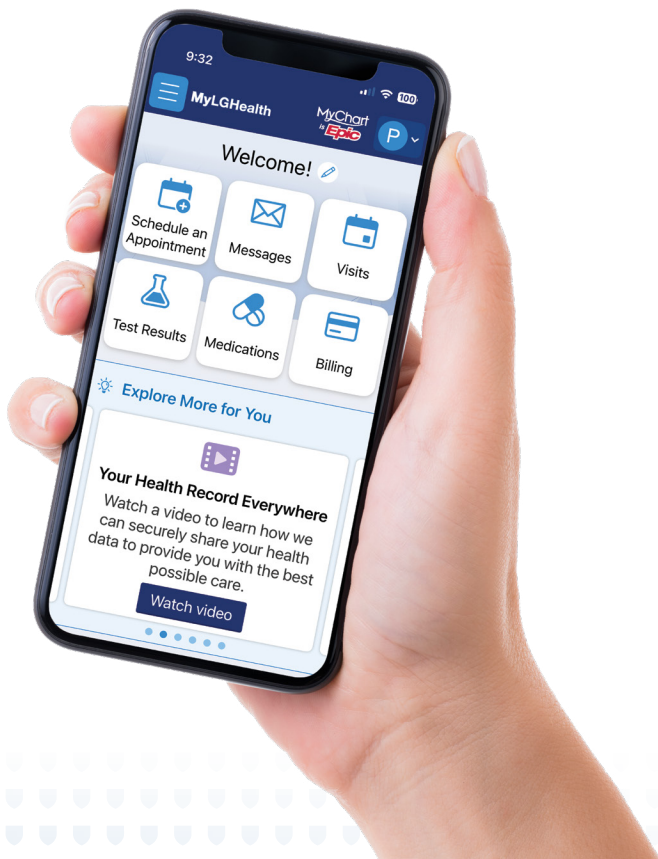
317 Chestnut Street, Quarryville, PA 17566
717.806.5873

Additional Resources

MyLGHealth

Penn Medicine Lancaster General Health offers MyLGHealth, a secure online portal that you can use to manage your health around the clock with a computer or smartphone. You can access your personal health information and connect with your care team all in one place. The website is password-protected and encrypted for security, so you can rest assured knowing that the only people who can view your information are you and your care team.

To enroll in MyLGHealth, please contact your surgeon's office, visit [PennMedicine.org/MyLGHealth](https://www.pennmedicine.org/MyLGHealth), call MyLGHealth customer service at 717.544.2860, or email MyLGHealthSupport@LGHealth.org.



Weight Management

Lancaster General Health offers Health Weight Management Programs. The programs aim to help lower your health risks, lose weight, and improve your quality of life. **Please call 717.544.2935 or visit [PennMedicine.org/WeightManagement](https://www.pennmedicine.org/WeightManagement) to learn more or register.** Your healthcare provider can also make a referral.

Smoking Cessation

Lancaster General Health offers free resources for quitting tobacco. **Please call 1.888.544.4636 or visit [PennMedicine.org/StopSmoking](https://www.pennmedicine.org/StopSmoking) to learn more or register for a free class.**

Dental Care

If your surgeon requires you to have dental clearance before your shoulder replacement surgery and you do not have a dentist, Dental Access Lancaster County (DALCO) provides dental care for low income, uninsured patients. **Please call 717.544.3279 to see if you qualify.**



Penn Medicine