



# Chester County Hospital

## Preparing for Shoulder Replacement Surgery



### Contact Information

**Chester County Hospital**  
(Main Number)

610.431.5000

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**Surgical Care Team Clinical Manager**  
(3 Lasko Tower)

610.431.5416

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**Surgical Care Team Case Manager**

610.431.5185

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**Outpatient Pharmacy**

610.738.2888





## Pre-Admission Testing

Please refer to your guidebook for more information about pre-admission testing. A member of your care team will call to schedule your appointment. If you have any questions regarding your testing, please call **610.431.5175**.

## Arrival Time Confirmation

Please call the Chester County Hospital procedural suite at **610.732.6705** between **1:30 pm and 3 pm** the day before your surgery to confirm your arrival time. If your procedure is scheduled for Monday, call on Friday. If your procedure is scheduled the day after a holiday, call on the last business day before the holiday.

## 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.



# Shoulder Replacement Surgery

## Location

### Chester County Hospital

701 East Marshall Street

West Chester, PA 19380

**Procedural Suite: 610.732.6705**

## Parking

Chester County Hospital provides complimentary valet parking at the Main Entrance. Alternatively, your coach may self-park in or around the parking garage, located at the intersection of E. Marshall St. and Montgomery Ave. All parking is free of charge.

## Arrival

Enter through the main hospital entrance located at the intersection of E. Marshall Street and Montgomery Avenue. When you are in the building, please go directly to the Procedural Suite check in.



## Blood Donation

Patients rarely require a blood transfusion after a shoulder replacement procedure. Your chance of needing a transfusion is lower if you have a normal blood count prior to surgery. If you are anemic, you have a higher risk of needing a transfusion and you may be given medication to boost your blood count before surgery to lower your risk. Taking iron supplements before surgery helps build your own blood and lessens the need for a blood transfusion. If taking iron supplements, you may also be given stool softeners to help with constipation. Your surgeon will discuss dosage information with you.

You may choose to accept blood from the hospital blood bank, if necessary, or you may donate your own blood or have blood donated by a family member and reserved for your surgery. You should discuss this with your surgeon to find out what is best for you. For patients who do not wish to accept blood products, some Penn Medicine locations offer a safe and unique bloodless surgery program.

## Waiting

Family or friends will be shown to the family lounge where they can wait. A status board is located in all waiting rooms and in the cafe, which updates your visitors on your location. Loved ones may also opt in to receive text messages.

# Rehabilitation

## Physical Therapy Program

Penn Outpatient Therapy offers skilled, intensive physical therapy program to qualified patients. Goals of the program include:

- Increased shoulder flexibility
- Increased total arm strength
- Controlled swelling in the arm
- Increased walking speed and endurance

This program may be covered by your medical insurance plan when referred by your primary care provider or surgeon. If so, you will receive the following:

- Pre-operative rehabilitation ahead of total shoulder replacement surgery to better prepare you for post-operative rehabilitation. This includes aquatic and land-based exercises prior to surgery to address current limitations.
- Post-operative rehabilitation, including 5 days of intensive physical therapy at one of our outpatient locations, followed by 2 to 3 weekly visits until you are discharged to self-care.
- An in-home assessment may also be covered by your insurance plan or can be provided as a self-pay service. For more information on this assessment, please call Penn Medicine at Home at **866.888.8598**.

For more information or to find out if you are a candidate for this program, please call **610.738.2480**.

## Locations

Penn Outpatient Therapy offers physical and occupational therapy services at several locations:

### **Penn Outpatient Therapy Fern Hill**

915 Old Fern Hill Road, Building A, Suite 4  
West Chester, PA 19380

**610.738.2480**

### **Penn Outpatient Therapy Exton - Commons at Oakland**

700 West Lincoln Highway  
Exton, PA 19341

**610.518.5845**

### **Penn Outpatient Therapy Exton - Thomas Jones Way**

479 Thomas Jones Way, Suite 350  
Exton, PA 19341

**610.884.4209**

### **Penn Outpatient Therapy New Garden**

830 West Cypress Street  
Kennett Square, PA 19348

**610.444.6242**

### **Penn Outpatient Therapy Southern Chester County**

455 West Woodview Road, Suite 115  
West Grove, PA 19390

**610.345.1950**

### **Penn Outpatient Therapy Westtown**

200 Willowbrook Lane, Suite 220  
West Chester, PA 19382

**610.883.4827**

If you have any questions about rehabilitation, you can call the Manager of Outpatient Rehabilitation Services at **610.345.1950**.



## Additional Resources

### Weight Management

Here are some simple weight loss tips, if needed:

- 1. Set a Goal:** Work with your doctor to set a weight loss goal that's right for you, like losing 10–20 pounds if you weigh 220 pounds.
- 2. Eat Regularly:** Don't skip meals; eating at set times helps your body burn calories and keeps hunger away.
- 3. Eat Slowly:** Take your time during meals and stop when you feel full, not stuffed.
- 4. Drink Water:** Stay hydrated to keep your metabolism going and to help you eat less.
- 5. Move More:** Try to be active every day, even short walks add up or swim if walking is hard.

Our dietitians can help you set realistic weight loss goals and develop an action plan on an individual basis or in a group setting:

#### **One-on-One Nutrition Counseling** **610.738.2835**

Meet one-on-one with a registered dietitian to receive support and education on how to safely and effectively meet your specific health goals. These visits may be in-person or telemedicine.

#### **Weight Management Group Classes** **610.738.2300**

Make real progress happen while attending four sessions packed with nutrition information and hand-on skill building. This program will put the pieces together to stop weight gain and reset behaviors for meaningful food, fitness, and health improvements.

#### **Struggles and Solutions** **610.738.2300**

This monthly program provides ideas and encouragement for anyone on a journey to lose weight or to live a healthier lifestyle.

## Nutrition

For individuals recovering from shoulder replacement surgery, proper nutrition is vital to support healing and rehabilitation. Here are recommended nutritional guidelines:

- **Protein:** Increase protein intake to help repair muscle tissue and aid in the recovery process. Include lean sources like chicken, fish, beans, lentils, tofu, eggs, and low-fat dairy products.
- **Calcium & Vitamin D:** Essential for bone health; ensure adequate calcium intake through dairy products or fortified alternatives, along with vitamin D to enhance calcium absorption. Sunlight exposure can also boost vitamin D levels.
- **Fiber:** High-fiber foods such as whole grains, fruits, vegetables, and legumes can prevent constipation that may result from decreased mobility and certain pain medications.
- **Vitamin C:** Important for collagen formation and wound healing; include plenty of fruits and vegetables like oranges, strawberries, bell peppers, and broccoli.
- **Omega-3 Fatty Acids:** Can help reduce inflammation; include sources like fish (salmon, mackerel), flaxseeds, chia seeds, and walnuts in your diet.
- **Hydration:** Stay well-hydrated by drinking plenty of water throughout the day to support overall health and aid in the recovery process.
- **Iron:** Necessary for preventing anemia especially if blood loss occurred during surgery; good sources include lean meats, spinach, lentils, and iron-fortified cereals.
- **Avoid Excessive Sugar and Processed Foods:** These can lead to weight gain which puts additional stress on the healing body.
- **Moderate Sodium Intake:** Excess sodium can contribute to high blood pressure which might affect recovery.
- **Alcohol Moderation:** Alcohol can interfere with medication effectiveness and delay healing.



## Helpful Websites

- **USDA Nutrition**  
[www.nutrition.gov](http://www.nutrition.gov)
- **Academy of Nutrition and Dietetics**  
[www.EatRight.org](http://www.EatRight.org)
- **USDA My Plate**  
[www.MyPlate.gov](http://www.MyPlate.gov)
- **American Heart Association**  
[www.heart.org/en/healthy-living/healthy-eating](http://www.heart.org/en/healthy-living/healthy-eating)

If you're experiencing a decreased appetite after shoulder replacement surgery, here are some nutrition tips that might help:

- **Small, Frequent Meals:** Instead of three large meals, eat small portions more frequently throughout the day.
- **Nutrient-Dense Foods:** Choose foods packed with nutrients like avocados, nuts, seeds, lean meats, and dairy to get the most out of what you can eat.
- **Smoothies & Shakes:** Drink nutrient-rich smoothies or shakes if solid food isn't appealing. You can add protein powder for an extra boost.
- **Stay Hydrated:** Keep up your fluid intake with water, broth, or herbal tea even if you're not feeling very hungry.
- **Easy-to-Eat Snacks:** Have healthy snacks like cheese sticks, yogurt, or sliced fruit available for when you do feel a bit of hunger.

Please note that these recommendations should be tailored to individual dietary needs and restrictions based on a healthcare provider's advice.

## Diabetes Prevention & Management

To control your blood sugar before shoulder surgery, follow these simple steps:

1. **Monitor Blood Sugar:** Regularly check your blood sugar levels to ensure they stay within the target range.
2. **Healthy Diet:** Eat balanced meals with plenty of vegetables, lean protein, and whole grains to help maintain stable blood sugar.
3. **Medication Adherence:** Take your diabetes medications as prescribed without missing any doses.
4. **Pre-Surgery Instructions:** Follow any specific instructions from your surgeon or diabetes care team regarding medication adjustments for surgery day.
5. **Stay Hydrated:** Drink water and avoid sugary drinks to keep your blood sugar levels in check.

Consult with your healthcare provider for tailored advice on managing your diabetes before surgery. We offer services designed to help individuals prevent and manage diabetes through specialized education and support.

### Reversing Prediabetes

**610.738.2300**

For individuals with prediabetes, this program discusses the tools you need to change your lifestyle and reduce your risk of getting Type 2 Diabetes. This 1.5-hour program is taught by a registered dietitian/certified lifestyle coach.

### Diabetes Self-Management Program

610.738.2835

Our program is nationally accredited by the Association of Diabetes Care & Education Specialists (ADCES) and staffed by certified educators. An initial one-on-one meeting with an educator will help to determine which program is most appropriate to meet your educational needs.

### Diabetes Support Groups

610.738.2300

### Helpful Websites

- American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)
- Taking Control of Your Diabetes  
[www.tcoyd.org](http://www.tcoyd.org)
- diaTribe  
[www.diatribes.org](http://www.diatribes.org)
- Centers for Disease Control and Prevention  
[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

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## Smoking Cessation

The following programs are offered by the Chester County Hospital Community Health & Wellness Department. For more information on these programs and other smoking cessation resources, please call **610.738.2300**.

### Stop Smoking Now

- Cessation program for smokers, vapers, and chewing tobacco users
- Class meets once a week for 6 weeks
- Focuses on developing and following through on a plan to quit
- Helps identify triggers and manage withdrawal symptoms
- Teaches behavior modification and relaxation techniques

- Follows a manual with proven strategies from the American Cancer Society, the American Heart Association, and the American Lung Association
- Provides FREE nicotine patches upon request

### Nicotine Addiction Support Group

- Judgment-free monthly support group
- For individuals at various stages in their journey to live free from smoking, vaping, and chewing tobacco
- Speakers include graduates of Stop Smoking Now program

