



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips on How Nutrition Helps Your Post-Surgery Recovery

Today, leading post-hospital rehabilitation centers such as Saunders House combine a variety of treatment options and strategies to ensure that patients experience a full and speedy recovery after their surgery and subsequent discharge from the hospital. Paired with best-practice therapies and customized plans of care, patient-centered nutrition regimens are a vital part of any comprehensive rehabilitation program.

Surgery represents a significant event for your body, and a highly nutritious diet is essential for replenishing and strengthening yourself in order to assure the most effective and timely recovery results possible. Experts tell us that good nutrition can:

- Help your incisions to heal
- Help to replace blood loss
- Help to repair your skin, nerves, blood vessels, muscles and bones
- Provide you with the basic materials your immune system needs to protect you against infection
- Increase your energy level

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.

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