

Hip Tip: Avoid too much therapy, narcotics, and sitting

Hi Reader,

Here is some helpful advice I received from my surgeon after my Total Hip Replacement:

When you leave the hospital and go home, there are three things to avoid.

Avoid Aggressive Therapy

Patients do not have problems because they did not work hard enough in therapy. It is usually because they did too much and their joint swelled up. You should not do therapy to the point of pain, and you need to stop the session if it is aggravating your joint.

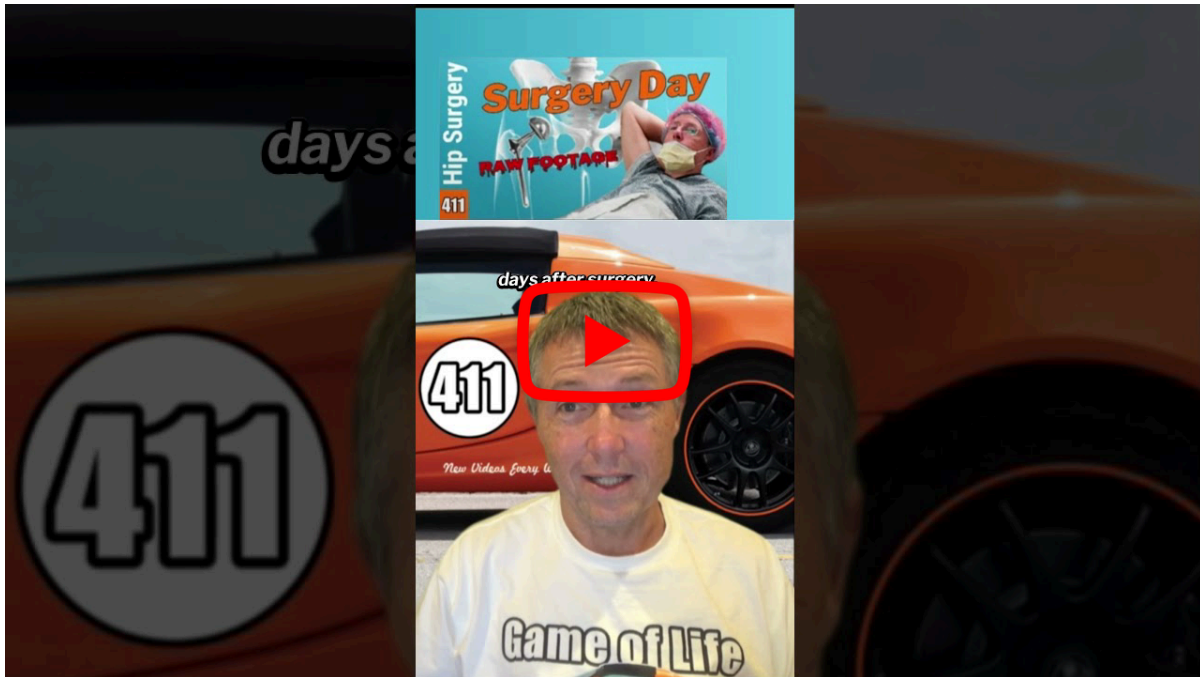
Avoid Narcotics

Do not use narcotics to get through the day and especially therapy. If you numb your joint, you will overdo it. If you absolutely need narcotics, limit them to at night only, if possible. Most postoperative complications are in some way related to the narcotics. Narcotics cause nausea, vomiting, and constipation. They cloud your brain and reduce your coordination. It is much easier to slip and fall on narcotics. You will be given a prescription for narcotics, but avoid using them if at all possible, especially during the day.

Avoid Sitting for Prolonged Periods of Time

Limit sitting for meals to three hours per day. Sitting can lead to a lot of swelling which puts you at risk for a blood clot. Sitting also puts tremendous pressure on the wound and over time can split open the incision. Lying flat in a bed or on a couch is preferable. Reclining chairs may lay flat, but they make it too easy to slightly bend your joint. It is preferable to only sit in less comfortable chairs than to lose track of time in a comfortable reclining chair.

Happy Healing,
Pete



Disclaimer

I am not a healthcare professional, I speak from my personal experience with a hip replacement, from research and what I have learned interacting with thousands of individuals on social media and through my YouTube channel. This content is for informational purposes only and is not a substitute for professional medical advice, diagnosis, treatment, or care. Please seek information from a physician or other qualified healthcare provider before embarking on a new treatment, diet, or fitness program. Remember, you are in charge of your own health.

Pete's Hip Vlog



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