

Hip Tip: Stay informed on what to expect the day of your surgery

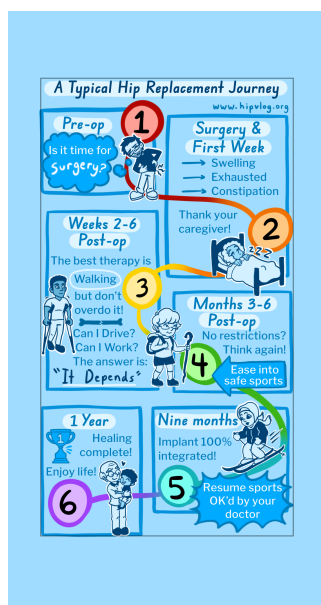
Hi Reader,

Tomorrow is the big day! After all the waiting, suffering and preparation, your hip surgery is just around the corner.

Please arrange for someone to be available to provide you with a ride home from the hospital tomorrow.

It is normal to be nervous the night before major surgery. If you are feeling anxious about surgery, many people report that watching the following video helped reduce their anxiety. If nothing else, it will refresh your memory as to what to expect tomorrow.

If you remember our roadmap (below), you're about to move from #1 to #2.



Don't forget to download this handy Hip Journey Roadmap to guide you through your recovery.

It can be used as a phone background, or print it out and put it on your refrigerator as a daily reminder.

Get the Roadmap

Don't worry, you will do great!

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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