

Hip Tip: Don't overdo it, even if you feel great

Good morning! I hope you slept well Reader.

It may be challenging to get a full night's rest for a while. If you're still in the hospital, you'll have many people caring for you today. Try to follow the recommendations of the nurses and doctors. Everyone is working to get you back on your feet.

The first day after surgery you might feel surprisingly good. The effects of anesthesia from yesterday's surgery may not have completely worn off. That's why we call this the Honeymoon.

But don't be surprised if you start feeling worse tomorrow as your body shifts into high gear trying to heal all the damage from this major surgery. Never fear, while the first week after surgery can be rough for some of us, things improve rapidly starting week two.

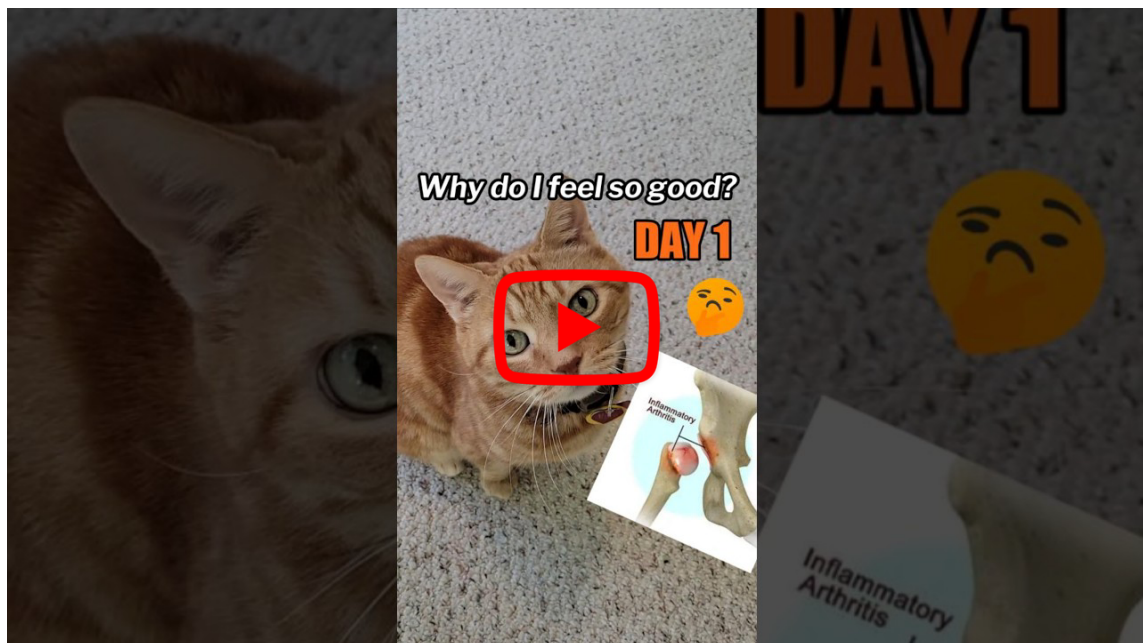
My surgeon said "Be sure to climb stairs safely. Take each step one at a time. Use your good leg first going upstairs, and your operative leg first going downstairs. Use the rails for assistance. Take it slow!"

Some activity is important, but don't overdo it. Please don't run any errands yet. Today is all about being safe. Let others give you a hand these first couple of days and use your walking aids at all times. Everyone is rooting for your success.

I had done all the research and thought that I was prepared for my hip surgery, but there were still some surprises that first week post-op. If you haven't already, watching this video might help you have a better experience or at least give you some peace of mind that what you're experiencing is normal. And if you've already watched it, you might still benefit from watching it again. During my first week post-op, I kept reading and re-reading all the information provided by my surgeon and the

hospital and each time I re-read it, something else sunk in. For example, that was how I resolved my swelling issue.

Warm regards,
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



This email was sent to sylviaaczierz@gmail.com

You've received it because you've subscribed to our newsletter.

[View in browser](#) | [Update your Surgery Date](#) | [Unsubscribe](#)

