

Hip Tip: Ask your doctor "When will I be able to return home?"

Hi Reader,

Getting excited? Your new hip and your new life is right around the corner!

Check out this [free Pre-op Checklist PDF](#) to help you prepare for surgery.

Whether you will stay in the hospital after surgery and for how long depends on your surgeon, insurance and which country you live in. Many patients stay in the hospital one night after surgery, but depending on the complexity of your surgery you may require additional nights in the hospital. Some patients may be able to return home the same day of surgery. If you are interested in leaving the same day of surgery, please discuss with your surgeon.

My surgeon said "You will be discharged home with the assistance of your caregiver as soon as it is safe. This limits your risk of infection and optimizes your surgical outcomes. I strongly discourage patients from going to an inpatient rehab or a skilled nursing facility. In most cases, you'll be safer at home and sleep better. The joint you had before surgery is generally worse than the new one. So, if you were getting around before surgery, you should do well after surgery."

Hospitals are for sick people and I find it difficult to get any rest there due to all the noise and interruptions throughout the night, so returning home the same day of surgery was a high priority for me. My surgery was scheduled first thing in the morning and I was back home in my own bed by 7pm the same day.

A world of difference - Martina's Hip Replacement in Germany:

It has been interesting learning how different countries manage Total Hip Replacement. I have a cousin in Germany who had her hip replaced shortly after me and I must say I'm a little jealous. Here are some highlights from her German hip journey.

"After surgery, I stayed in hospital for nearly a week. At my two-week post-op checkup they removed 20 staples and the wound healed really quickly. Then I spent three weeks in a rehabilitation clinic.

First I had a complete medical examination and then you receive different therapies every day. I had physiotherapy, group sports on floor mats, sports therapy on equipment, water gymnastics, walking with crutches in terrain and then massages on the waterbed and heat therapies for the shoulder and neck area. Every day I was well occupied, because there were also very good lectures on the topic of Total Hip Replacements, living with endoprotheses, tips for everyday life, nutritional advice, etc.

The clinic provided very good care. There were buffets where you had a large selection of healthy food and the lunch was first class. The chef is a Michelin-starred chef who originally cooked in a 5-star hotel in the town. The head physician of the clinic also runs a farm in addition to his job, breeds cattle and their meat is used for the clinic. Not bad, right?"

-Martina

Not bad indeed!

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.



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