

Hip Tip: Ask your surgeon when you can resume driving

Hi Reader,

You're nearly 2 weeks into your recovery, so when can you safely resume driving?!? I've compiled all my [post-op driving tips here](#) whether you are a passenger or the driver.

By 2 weeks after surgery, your pain should be more manageable and you should be doing your best to wean off of your narcotics and transition to Tylenol and NSAIDs (Non-Steroidal Anti-Inflammatory Drugs) as needed. If you're using narcotics now, try to take them sparingly.

When you can and should resume driving is a complex question involving laws, safety and your surgeon's guidance. Make sure to follow any applicable laws if there are any where you live. Some surgeons will tell you that you can resume driving as early as two weeks post-op so long as you are no longer taking narcotics or other medications that would impair your ability to drive safely. However, if your operative leg is your driving leg, many hippies have not recovered enough strength or reaction time by two weeks post-op to drive safely. While you may have the strength and reaction time to drive under normal circumstances, please consider whether you would be able to stop or maneuver aggressively enough to avoid an accident or injury to someone else.

In my case, my operative leg was my driving leg, so the first time I tried driving was at two weeks post-op, but it was in our van in a parking lot and completely safe for myself and others. Based on that experience, I decided to wait until four weeks post-op to resume driving my own small sports car. Getting back into a small sports car only four weeks post-op was an adventure in itself. If you'd like to see how I eased back into it and maybe get a good laugh seeing me squeeze into that little car, watch the video below. It's worth a watch!

Have a great day,
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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