

Hip Tip: Prepare for surgery by purchasing helpful items

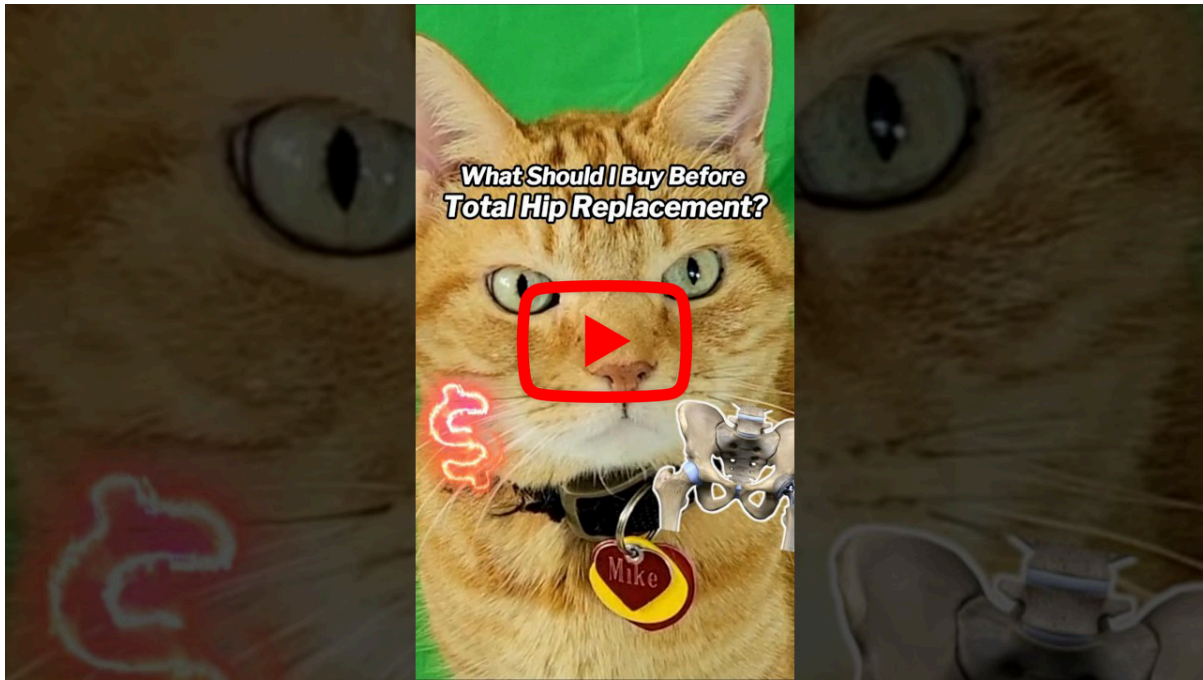
Hi Reader,

Your surgeon or hospital may provide some necessary items, but you may need to buy some items yourself. Do you have walking aids, a toilet riser or handles, grabbers, a leg lifter, hip-specific ice packs or an ice machine with a hip-specific attachment?

Icing will help with swelling and pain management after surgery. The average patient will ice for 14-21 days after surgery. If you haven't already, it may be worth investing in a couple hip-specific ice packs or an ice machine with a hip-specific attachment.

Check out my [Amazon Affiliate Page](#) for my recommendations. Buying through these links helps offset some of the costs associated with providing these free resources. Below is a cute video where Mike-the-Cat demonstrates some of the things you should consider buying now.

Time for some shopping therapy,
Pete (& Mike)



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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