

Hip Tip: Use ice to reduce pain and swelling

Hi Reader,

Referred groin pain, caused by my femoral nerve getting aggravated as it passed through my inflamed hip joint, was my primary pre-op symptom. I was able to manage the groin pain pre-op in part by using a prescription NSAID (Non-Steroidal Anti-Inflammatory Drug).

After surgery, I still felt groin pain, so my surgeon said that I could resume the prescription NSAID “for as long as it takes.” After about two weeks that groin pain was finally gone for good. If you’re still experiencing groin pain after Total Hip Replacement, you might want to mention this to your surgeon.

My surgeon said “Icing is very important at this time. This will help with swelling and soreness at the end of the day. Follow the instructions for icing provided by your surgeon or hospital. The average patient will ice for 14-21 days after surgery.”

Not sure which ice pack or ice machine to get? Check out my Amazon Shop:

- [Magic Gel hip ice pack](#)
 - These are the perfect size for your hip. Get two so you always have one in the freezer ready to go.
- [Polar Ice w/Hip pad \(option 1\)](#)
 - There are many brands of ice machines, but I had a Breg Polar Ice machine. Make sure to get a pad large enough to cover your hip. A large rectangular pad worked well for me.
- [Polar Ice w/Hip pad \(option 2\)](#)
 - This is a slightly less expensive model, but there are also less expensive brands. If you buy a different brand after clicking this link, I’ll still get credit.

Ice Ice Baby!

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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