

Hip Tip: Walking is a great way to stay active after THR

Hang in there Reader!

For the first couple of days after surgery, the pain can be intense and you may be tired. Be sure to take it easy. Also, it's normal to feel dizzy when standing up quickly in the first week after surgery. Be careful not to rush and take your time when getting up and walking. Re-read your discharge instructions to make sure you understand your activity recommendations, restrictions and medications. Check out my new hardware...



I felt great the day after my hip replacement surgery, but the rest of that first week was rough! My body was working so hard to heal the damage from major surgery that I ran a fever and felt completely exhausted as though I had the flu. But it gets better!

Keep in mind, you may have difficulty sleeping for the first several weeks after surgery. This is normal. Try to relax. If you are having trouble sleeping, [this FAQ](#) might contain some helpful tips.

My surgeon said “You can walk immediately after surgery, but take it easy and use your forearm crutches (or other walking aid) at all times for the first 3 weeks of your recovery and be safe to prevent falls. There isn't a specific recommendation on how far you should be walking each day. We usually recommend about 10 minutes hourly for the first couple of weeks as a good rule of thumb. Listen to your body - if you're tired or sore, you should rest, if you're feeling like you should take a walk, get up and move around a bit. Each day you'll be able to walk a little further, but please use good judgment and common sense.”

Recovering from Total Hip Replacement is a marathon, not a sprint. The Tortoise always beats the Hare in this race.

My surgeon said “Side effects of pain meds are common and include nausea, drowsiness, and constipation. Opioid pain medications frequently cause constipation. Please take your stool softener while taking your pain meds and make liberal use of enemas or suppositories as necessary.”

Constipation after my surgery was no joke and made my first week post-op much worse than it had to be. If I had to do it all over again, I would try to avoid the opioids or get off them much sooner!

Wishing you a smooth recovery,
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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