

Hip Tip: Make sure you are healthy going into surgery

Hi Reader,

"Thank you thank you!! These videos are so comprehensive, you have answered questions that I didn't even know that I had. I'm 45 going in for a left THR in just two weeks. I appreciate all of the time and effort you have put into these videos, **I can feel my anxiety going down little by little.**

Thank you again!" - Jennifer

If you have a cold, sore throat, fever, or upper respiratory infection, please call your primary care provider and see if it's still safe for you to continue with your scheduled surgery. If you have any cuts, scrapes, abrasions or other skin issues on your operative leg, please contact your surgeon. If you're feeling well, just relax and try to enjoy the day!

Your surgeon or hospital may ask you to do certain things prior to surgery such as:

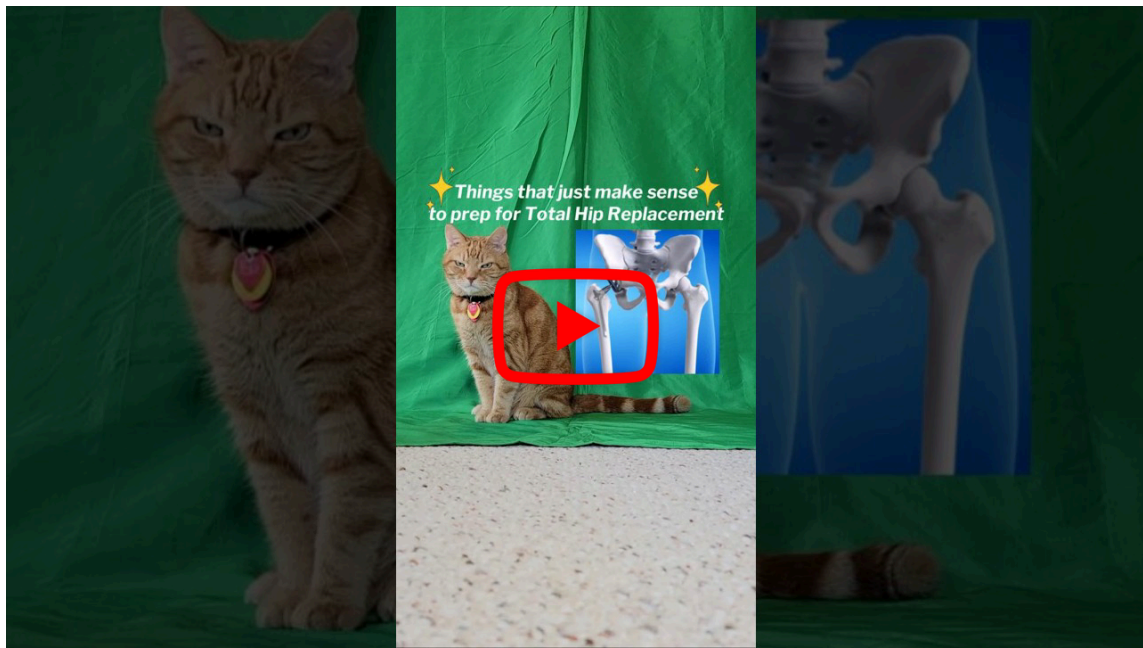
- Avoid alcohol
- Increase water intake
- Shower with special antibacterial soap
- Not eat anything
- Drink a special pre-surgery beverage
- Pack

Follow the instructions provided by your surgeon or the hospital for any of these things that apply to you. Pack clothing that is loose enough to allow for swelling and a dressing to be put on after surgery.

Mike-the-Cat has tips on preparing for surgery in the video below.

Wishing you the best,

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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