

Hip Tip: It is Ok to question when and why to discontinue certain medications before surgery

Hi Reader,

Many people have questions about vaccinations around the time of their surgery, especially if it's during the typical 'flu season'. Please ask your surgeon for advice.

You may receive instructions from your hospital or surgeon to discontinue medications prior to surgery. This can get confusing because there are so many different medications and recommendations to discontinue medications can vary widely. You may even be asked to discontinue medications that you rely on to treat physical and mental conditions unrelated to your bad hip.

When I was told to discontinue all medications before hip surgery, that freaked me out because my meds were helping me survive and get enough sleep to function during the day. How would I survive?!?

To add to the confusion, I was hearing very different things from different sources. My hospital said to discontinue all medications two weeks prior to surgery. My surgeon said 10 days prior to surgery. But on the support groups I heard everything from two weeks to being allowed to take medications up to and including the day of hip surgery. Why so much inconsistency?

So I had to do some research on my specific medications and discuss this with my surgeon. Primarily I was worried about discontinuing pain killers and anti-inflammatory drugs (NSAIDs) like ibuprofen, aspirin, Meloxicam, Diclofenac, etc. What I discovered was that my hospital and surgical team

were taking a super conservative and generic approach rather than looking at each patient and each medication.

Not all drugs are alike. I discovered that the primary reason they recommend discontinuing NSAIDs is that they alter your blood which increases both the risk of clotting and of bleeding out during or after surgery. But not every NSAID (Non-Steroidal Anti-Inflammatory Drug) affects blood in the same way. The effect from one NSAID on clotting might only last 24 hours whereas the effect of another NSAID on clotting might last a week or more.

So if you are relying heavily on a medication, it might not even be one related to your bad hip, discuss it with your surgeon to have them understand and explain why you can't take that specific medication and for how long before your surgery. Understanding this made a world of difference in my hip journey, so I hope you find it helpful.

If you didn't do it last week, make sure to watch my Pre-op Checklist video below and use the PDF checklist on HipVlog.org to make sure you're as ready as you can be for Total Hip Replacement.

Cheers,
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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