

## Hip Tip: Swelling is natural after your surgery

Hi Reader,

According to my surgeon, "Swelling and bruising are normal after surgery and can last for several months. It is a normal part of the healing process. Some people have more bruising than others. You may have minimal bruising or you may have bruising from your groin down to your toes. This is normal and will resolve on its own. It will continue to increase over the first two weeks after surgery. Methods to control swelling include rest, ice, and elevating your operative leg."

My operative leg was so swollen that it looked like an overstuffed sausage and it was incredibly uncomfortable. As I was re-reviewing the materials from my surgeon and the hospital, the section about getting swelling under control finally registered with me. It took a day of concerted effort, but I was able to get the swelling under control and it never returned. To see how, check out the video below and use the chapters in the video description to go directly to the section on swelling.

My surgeon, who had both of his own hips replaced, offered the following recovery advice:

- Before taking your first step, stand and shift weight back and forth until leg/hip feels secure. Do this whenever you walk and especially in the morning.
- Avoid sitting for long periods - lie down on the couch/bed or walk.
- Avoid using your operative leg in rising from the chair, stairs, squats, or pivoting. Hip is vulnerable when pushing and twisting.

Do you have questions about topics that haven't been addressed in these messages yet? Check out the [Pete's Hip Vlog](#) website, which offers tons of helpful resources.

The video below was made in collaboration with other hippies to create a comprehensive Post-op Guide. If you watch or re-watch the entire video, you are likely to learn something helpful for your recovery. But if you are short on time, you can use the chapters in the video description to find a specific answer fast.

Congratulations on your healing journey thus far,  
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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