

Hip Tip: Make sure you have a caregiver

Hi Reader,

 Ask: Please forward this email to one person who needs it, or share the links below on social media.

Your surgery is only 3 days away!

Please remember to try and arrange for a caregiver to be available for you the first 3-5 days following surgery. They can assist you with meals, laundry, shopping, and other activities. It's common to be nervous around the time of your surgery and they can also be a valuable source of support. If you will not have someone to take care of you when you are discharged from hospital, please discuss options with your surgeon. It's an important part of your recovery!

Over 2,000 Total Hip Replacements are performed EVERY DAY in the United States alone. If someone you know is facing or recovering from hip replacement surgery, please share these helpful resources with them. Thanks in advance for helping me help as many hippies as possible!

Pete's Hip Vlog website: [Pete's Hip Vlog](#)

Pete's Hip Vlog channel: [@PetesHipVlog](#)

My Facebook group: [Hip Replacement Support](#)  

You've got this!

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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