

Hip Tip: Use deep breaths to relax

Hi Reader,

Don't forget to use stairs in a safe manner as was shown to you in the hospital. Typically this means use your good leg first going upstairs, and your operative leg first going downstairs. An easy way to remember this is "Good to Heaven, Bad to Hell." :) Use the handrails for assistance. Take it slow!

My surgeon warned me that going up stairs one over the other actually exerts a rotational force on your implant, so I kept using stairs one at a time even after I was doing everything else normally. I figured it was a small inconvenience and might slightly reduce the risk of complications.

My surgeon said "Deep breathing is a nice way to relax and increase air exchange in your lungs. Take four deep breaths in a row to clear your lungs. You can also cough a few times, this helps too. Try to clear your lungs 10 times per day. If you have a breathing machine from the hospital, you can use that. Hang in there!"

Did you thank your caregiver today? My wife was my caregiver and I was determined to be a good patient and to not take advantage of her. When all was said and done, my wife said that I was a great patient and she was an absolute angel. But I sprained my wrist patting myself on the back! ;) I got her these flowers for Valentine's Day around three weeks post-op.



My operative quad/thigh was super tight and had a burning sensation, so I scheduled a deep tissue massage at 10 days post-op. The masseuse was instructed to focus on the thigh/quad, but to stay away from my hip, etc. The massage hurt like crazy, but my thigh/quad felt much better the very next day!

Best wishes,
Pete

[Disclaimer](#)

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