

Hip Tip: Continue following your surgeon's directions daily

Hi Reader,

Congratulations! You are now on your 4th day of recovery.

My surgeon said "Please continue doing all the things your surgeon or hospital told you to do to help reduce your risk of developing a blood clot. This may include small exercises, getting up for a short walk every hour (during the day of course!), wearing compression socks, and a blood thinner like aspirin."

Speaking of compression socks, I hated the ones they gave me at the hospital. They were so hard to put on each morning and take off at night that I required help to do this even after I was able to do almost everything else by myself. It's not too late to buy some better ones if you didn't do this before surgery. I wish I had! If you'd like a good laugh today, watch the video below. Laughter helps healing.

Sincerely,
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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