

Hip Tip:

Prepare meals, arrange child/pet care, and clear obstacles

Hi Reader,

If the date of your hip replacement surgery changes at any time, or if you are getting ready for a second hip replacement surgery, you can [update your surgery date here](#) to get your messages back on track.

Here's a helpful tip. Stock your pantry, fridge and freezer with healthy foods and drinks before your surgery. You may also want to freeze a few days' worth of meals ahead of time. This will ensure you will not have to worry about groceries during your early recovery.

Please remove small throw rugs or other small obstacles that may be in your path while using crutches, a cane, or a walker at home. As a reminder, if you have pets or small children, you may want to arrange for someone to help care for them for the first few days after you return home.

My surgeon said: "As a heads up, please do not shave the operative area for 3 days prior to surgery. Small skin irritations or cuts can increase your risk of infection after surgery."

If you haven't already, below are some videos you may want to watch or re-watch in preparation for your surgery.

Bests wishes,
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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