

Hip Tip: Find a caregiver to help you the first week post-op

Hi Reader,

In anticipation of surgery, please identify a support person to help you the first week after surgery. Most people require the assistance of a caregiver for the first 3-5 days following surgery.

If you don't have a friend or family member who can be your caregiver, some folks are able to manage without help, but it is always recommended because everyone's capabilities after surgery are unique and cannot be known in advance.

I was only 55 and very fit when I had my Total Hip Replacement, but I still needed help the first few days. A friend who had the same operation at 65 required her caregiver to lower and raise her from the toilet using something called a Gait Belt.

If you are feeling anxious about surgery, many people report that watching the following videos helped reduce their anxiety.

Plan for the worst, Hope for the best,
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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