

Hip Tip: Allow time for your new hip to settle

Hi Reader,

Motivation and positive thinking can give you the energy you need for a successful recovery, especially when the pain is pretty intense these first few days after surgery. Remind yourself why you chose THR.

My surgeon said "Pain is normal and natural after hip replacement surgery. It can be especially intense during the first few days after surgery, but it will subside. Most patients report that the pain and swelling after a joint replacement peaks at approximately 48-72 hours after surgery. Pain levels are likely to fluctuate and there may be 'good' and 'bad' days. Keeping a schedule for your medications can be helpful to stay on top of the pain. Only use medications as prescribed by your doctor.

Do not focus on your leg lengths at this time. Many patients feel the operative leg is longer for the first six weeks. It will feel more normal as your pelvis settles and your muscles gain strength." I hope you like this cartoon my daughter drew.



Hang in there! The first week post-op was rough for me like it is for many hippies, but things started getting better rapidly by the second week.

Regular icing can also help the affected area.

Continue any home exercises prescribed by your surgeon.

As you begin to move around more, be sure to take your time and be safe. Watch the video below for how I safely took walks.

Wishing you a smooth healing journey,
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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