

Hip Tip: Be aware of the signs of complications

Hi Reader,

Good morning, are you curious about your progress?

My surgeon said "At this time, it is normal and expected to have pain in your hip. Managing your pain is key. The best way to do this is through a combination of icing and taking your pain medications as needed (non-narcotics more and narcotics less). More than anything, you should focus right now on safety. Be cautious and careful getting in and out of bed, going to the bathroom, showering, and moving around your house to prevent unexpected falls or other accidents."

Watch the video below for tips on managing pain that worked for me before and after surgery. You can also check out this [free PDF](#) with tips on what to try to resolve or manage your pain.

A small percentage of Total Hip Replacements will have complications and there is a risk of infection. This picture shows my healthy incision:



My mom had her THR six months after me at 78 years old. Unfortunately, she was one of the unlucky ones and got an infection in her artificial hip that required another surgery and a long course of antibiotics.

My surgeon said "If you experience any of the following, contact your surgeon:

1. Increasing redness around your wound
2. Increasing or thick drainage
3. A foul odor
4. Pain not controlled by pain medication
5. Inability to bear weight on your operative leg.

While exceptionally rare, if you ever experience unusual chest pain or shortness of breath, call 911 immediately or go to the emergency room for evaluation depending on the urgency of the situation. These may be signs of life-threatening medical conditions like a blood clot in your lungs or heart attack."

Warm regards,
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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