

Hip Tip: Discuss stopping opioid pain medications with your surgeon

Hi Reader,

A common question most patients have at this time is, 'When should I stop my opioid pain medication?' If you haven't weaned off opioids yet, ask your surgeon for information on how to stop opioids safely.

My surgeon said "It's normal to have numbness on top of the thigh and the outside of the hip after hip replacement surgery. This numb area is usually small and will continue to decrease in size over the next 2-3 months. This is not cause for concern.

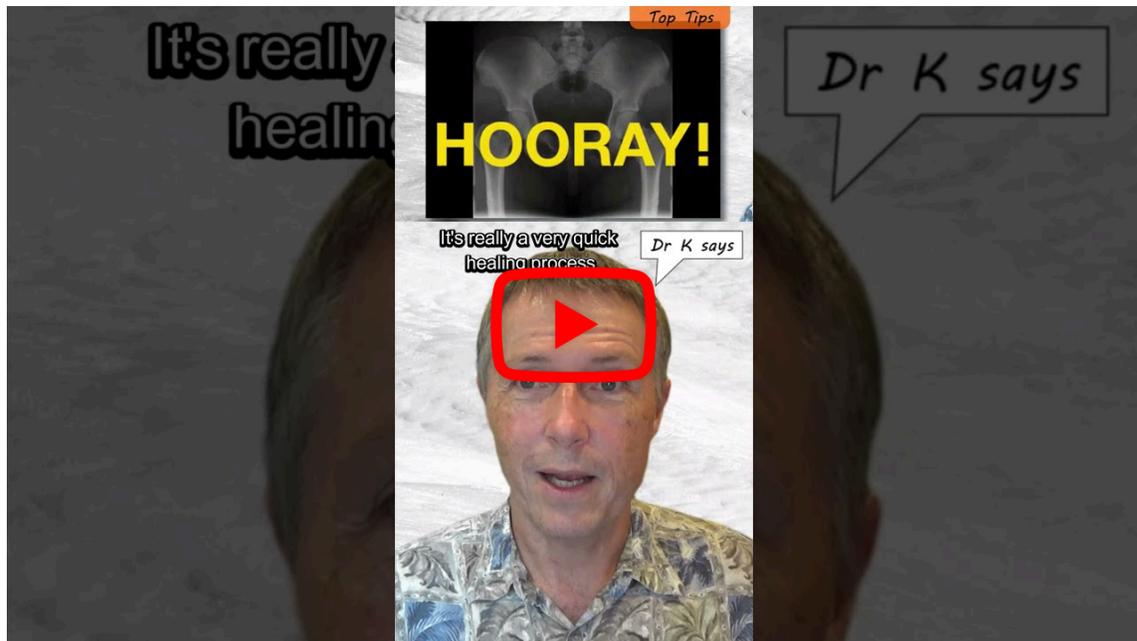
To help avoid unnecessary hip pain & swelling, please avoid overdoing it! Avoid prolonged periods of standing or walking for the first 7-10 days following surgery. It is very common for the area around the incision to feel warm and tight. These are warnings to you that you may be doing too much. Warmth in the hip is normal and part of the healing process. Your hip may feel warm for several months following surgery."

My surgeon was great, so I share a lot of the things that he shared with me. After a long career performing THRs, he retired shortly after my THR and now teaches the next generation of orthopedic surgeons at one of the leading medical research universities in the country.

While my passion is beach volleyball, my surgeon was an avid windsurfer and he returned to that sport after having two THRs himself. Never one to miss an opportunity to increase his knowledge to better serve his patients, he had his two THRs at different stages of deterioration in order to better understand how this affects recovery and what his patients were reporting to him. I hope you found a great surgeon too!

Interested in hearing more about my surgeon's experience with 2 Total Hip Replacements at different stages of deterioration? Watch the video below.

Until tomorrow,
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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