

Hip Surgery Planning Guide

What You Need to Know for a
Successful Surgery and Recovery



LifeWorks Rehab®



Road Map to Success

1

Educate Yourself

It's important you understand what your surgery entails, but also what your recovery will look like. What is the possible timeline? What are the risks and complications and how can I avoid them? How much help will I need? Have detailed conversations with your doctor so you know what you'll need when surgery is complete.

2

Explore Your Recovery Options

Do you want to recover at home? Or in an in-patient rehab facility? When it comes to your medical care and therapy, these are some important questions you'll want to consider before leaving the hospital.

3

Learn About Insurance Coverage

What is and isn't covered by your plan? This will affect your post-surgical care options and help you find the best fit for your recovery.

4

Pre-Register at a Rehabilitation Center

The healing process after surgery is a critical time to ensure your surgery is a success. Don't wait to line up your post-operative rehab care. You'll want a dedicated team of therapists, nurses and staff waiting in the wings when you're discharged from the hospital if that's what you choose.

Surgery can be a little frightening. You might be concerned about the surgery itself, or the pain and limited mobility afterwards. Perhaps you're worried about the burden you may place on your family while you recover, who will take care of you, and how long it will take to return to "normal." There are so many unknowns to grapple with. We understand.

We created this planning guide to help you feel more in control and at ease with your surgery and recovery. We want to help you have the right conversations, so you know what to expect. And ultimately, we want you to feel confident in a post-surgical recovery plan that will get you back to normal quickly and safely.

Understanding the Road to Recovery

You're scheduled for hip surgery and are anxious to get back on your feet, but also about what your recovery will look like. When will you be back to normal? It's important to not only discuss the ins and outs of your surgery with your doctor, but they can also help you understand what recovery will look like.

Here are some conversations you should have with your doctor and care team, well before your surgery:

- *What are the risks and complications I need to be aware of and look out for? How can I avoid them?*
- *What activities am I allowed to do? What should I avoid?*
- *When can I bathe or shower normally?*
- *What medications will I be on? How will I manage pain?*
- *How much rest vs. rehabilitation is needed?*
- *What is the expected timeframe for my recovery? What does progression look like?*



Another great resource to turn to are your friends and family. Hip surgeries are fairly common – do you know anyone who has had the same surgery? Ask them about their recovery. Did they recover at home or at a rehabilitation facility? Was the pain manageable? Were everyday tasks difficult to resume? How long did they need help? This first-hand knowledge will be extremely helpful in helping know what to, and will help prepare you mentally.

Ensuring a Healthy Recovery

No surgery is free of risks or complications. Your best safeguard is prevention. Understanding what could happen, and knowing the ways to mitigate those risks will help you recover quickly and safely.

Infection

The most common risk of any surgery is infection at the incision site. You will likely need to keep the site clean and dry by changing your dressing regularly, and taking any prescribed antibiotics. Increased redness, swelling, drainage or a fever could mean you have an infection.

Blood Clots

After surgery, you won't be as active as you were before. Prolonged rest could result in a blood clot, or deep vein thrombosis (DVT), which can be dangerous. It's important to regularly move after surgery to improve circulation and prevent clots, something physical therapists and rehabilitation specialists can help you with. If you are at high risk, your doctor may prescribe blood thinners or a clot-prevention medication.

Long-Term Stiffness or Pain

After surgery, you can expect pain and stiffness in the joint. But over time you should feel much better, and be able to resume your normal activities. If you're not seeing an improvement, it could be due to a lack of movement and strengthening exercises – both critical parts of rehab.

The LifeWorks Rehab *Difference*

- ✓ 10-12 Hours of Supervised Therapy a Week
- ✓ State-of-the-Art Gyms
- ✓ Proven Lower Readmission Rates
- ✓ 24-Hour On-Staff Medical Supervision

Recovery Options

Hip surgeries are very common, and a fairly simple surgery compared to other orthopedic surgeries, like a knee replacement. But that doesn't mean recovery is any less important. The weeks following your surgery are crucial to ensure you make a full recovery and resume your normal activities. Regular movement and physical therapy will reduce swelling, pain, stiffness, and scar tissue in the joint. And having the right people around you to help so you don't push yourself too hard is important.

Once your surgeon clears you for discharge, you have a few options. You can recover at home – as more of a do-it-yourself option – or you can go through a recovery program during a temporary stay at a rehabilitation facility where a team of experts can assist you around the clock with therapy and care.

We know it's nice to be home, but you will need to ask yourself **some tough questions about at-home recovery before you commit to that idea:**

- *Will I receive enough supervised therapy so that my surgery is a success?*
- *Will I have access to the best therapy equipment and recovery tools?*
- *Will I have help changing my dressing and monitoring the surgical site? Can my family devote 24-hours a day to my recovery?*
- *Do I want to allow a home health representative in my home?*
- *Who will cook for me, help me get dressed, and tend to things around the house?*
- *Is my home safe enough for those early days of recovery? Things like grab bars in the bathroom, raised toilet seats, and tub chairs will all be needed. What about stairs? Or carpeting that may trip me if I'm using a walking aid?*

TRUST THE LIFEWORKS REHAB PROGRAM TO GET YOU HOME 30% FASTER THAN COMPARABLE RECOVERY PROGRAMS.

At a dedicated recovery center, like a center that offers the exclusive LifeWorks Rehab recovery program, you can rely on a medical team of doctors and nurses, physical therapists, and staff to ensure you get back home quickly, safely, and fully recovered.

A dedicated LifeWorks Rehab team can monitor your surgical site 24/7, change your dressings, help you keep up with your medications, and assist you with changing clothes or bathing. During your stay at one of these facilities, you also won't need to worry about cleaning, running errands, or cooking, so you can focus fully on your recovery without the risk of overdoing it.



The LifeWorks Rehab Difference

Clinically developed to get you home faster, stronger, and healthier than ever



7-days-a-week therapy



Clinically proven therapy programs



Back home fast, strong & healthy



Unique recovery tools



Wide range of services & treatments

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