Pre-Procedure: Joint Replacement (Hip and Knee)

As you get ready for your joint replacement surgery, you may be feeling a bit nervous.

That's understandable. After all, you don't have surgery every day. So, stay focused on the positive.

Soon you'll be moving more with less pain. Knowing what to expect before surgery can also help you feel less anxious and better prepared. Here are the facts behind some common concerns about pain, recovery and safety.

How will I feel after surgery? You'll likely have some pain afterward. Everyone is different and your care team can't predict the exact level of discomfort you may have.

But now for the good news. Any pain will get better over time, and your care team is well equipped to help you manage it. Pain control options have come a long way over the years. Talk with your healthcare provider beforehand about the best ways to ease your pain.

How long will recovery take? No doubt about it, your body will need time to heal. How long depends on many things, including your overall health and fitness level before surgery.

Many people who have joint replacement surgery feel much better and return to normal activities within three months. And you'll reach full recovery over the next year as you gradually get stronger. To help speed things up, stick with your recovery plan, including the physical therapy.

How safe is the surgery? All surgeries have some risks, like the chance for an infection or a blood clot. Risks with joint replacement also include stiffness, swelling or dislocation of the new joint.

That can certainly be concerning. Keep in mind, though, your care team has done lots of these surgeries and knows exactly how to keep you safe and healthy. You can do your part too by following all pre- and post-surgery instructions.

The bottom line, joint replacement surgery has helped millions of people live better, more active lives with less pain. This is your opportunity to join them.

Still have questions or concerns? Your care team is here to help. Get in touch.

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