



# A Practical Guide to Hip Surgery: From Pre-Op to Recovery

*M.E. Hecht*

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## **A Practical Guide to Hip Surgery: From Pre-Op to Recovery** M.E. Hecht

This concise handbook tells you everything you need to know before you undergo hip replacement or resurfacing surgery, directly from an orthopedic surgeon who has performed countless hip surgeries and has undergone a double hip replacement herself! Dr. M.E. Hecht discusses your decision to have surgery, explains the risks that come with surgery, and also tells you what you should keep in mind as you choose your medical team. She tells you step by step what you'll need to do to before the day of your surgery, and then walks you through the procedure itself so that you know exactly what to expect. Dr. Hecht even includes a comprehensive chapter on preparing your home in advance to make life much easier for yourself upon your return from the hospital. Sharing throughout the book from her own experience as a hip surgery patient, she also discusses issues that can arise during your recovery, from the first few days to the first few months after surgery, and includes handy checklists and valuable advice to help you organize and plan for your post-surgery weeks so you can focus on recovering as quickly and smoothly as possible. This book is a must-read before you undergo surgery, and will prove to be a trusted and essential resource during and after your hospital stay.

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