

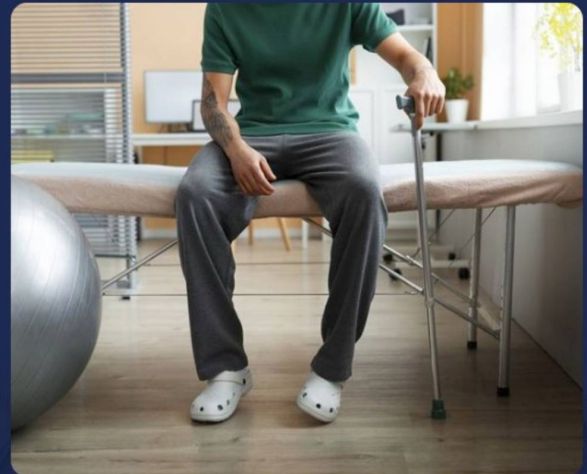
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Updated on November 4, 2025

# What to Expect Before, During, and After Hip Surgery

Hip surgery can relieve chronic pain and restore mobility. Summit Orthopaedics outlines how to prepare, what happens during surgery, and what recovery looks like to help you heal confidently.

Hip



[Hip surgery](#) is one of the most common joint treatments in America, with more than 500,000 hip replacement surgeries performed every year.

There are numerous reasons for needing hip surgery. Examples include hip fractures, bone disorders, and osteoarthritis. In any case, surgery can reduce pain and increase mobility to help enhance your quality of life.

Before seeking treatment, it is important to familiarize yourself with the process. Knowing what to expect before, during, and after the procedure will put your mind at ease and help you understand the full benefits of this life-changing operation.

## Preparing for Hip Surgery

Completing the proper preparations for hip surgery is an essential part of the process, beginning with a full consultation and evaluation with your surgeon. It is an opportunity to discuss your symptoms and confirm that surgery is the right solution. In some cases, physical therapy may be a suitable choice that allows you to rebuild strength and motion without needing surgery.

Assuming hip surgery is necessary, your surgeon will deliver clear pre-surgery instructions. The directives will be personalized to your circumstances but could include:

- Fasting from food for 24 hours and not drinking water for a few hours
- Stopping certain medications, including NSAIDs and blood thinners
- Avoiding food supplements for up to seven days before surgery
- Avoiding activities that could cause skin cuts for 24-48 hours
- Ensuring that your skin is clean and wearing loose-fitting clothes

The surgeon will discuss all preparations with you and help you understand what to expect during the procedure and [the benefits](#) you can expect after your recovery. Another critical item to consider is preparing your home for your return.

During the post-surgery recovery phase, there will be discomfort and reduced mobility. As such, it is wise to consider getting a raised toilet seat, a shoe horn, and a shower seat. A comfort pillow for the sofa or bed can also be helpful. You will want to clean your home and ensure no trip hazards are present. If possible, having a loved one stay with you for a few days is also advised.

## Day of Surgery

The day of surgery can feel daunting, but at Summit Orthopedics, you can rest assured you are in the safe hands of our experienced and highly professional [physicians](#).

## Arrival and admission

You must arrive at the medical center 3-4 hours before your appointed surgery time. During this time, you will be required to complete some paperwork confirming that the pre-surgery instructions have been followed. You can also advise the surgery team about any outstanding issues or concerns you may have.

## Anesthesia and surgery

Hip surgery is completed under general anesthesia, with most procedures lasting between two and three hours. However, the exact time frame will depend on the type of hip surgery: hip replacement (partial or total), revision, or resurfacing. The surgeon will approach the hip from behind the



## Post-operative recovery room

After recovering from the anesthesia, you will be taken to the hospital room. Most patients can return home the same day (outpatient), while others may require a 24- or 48-hour stay (inpatient). In either case, pain relief medication will be provided, and you will likely not be allowed to eat food until the following day.

## Recovering After Hip Surgery

If you had minor hip surgery and have shown no complications, you may be offered a same-day discharge. However, it's good to be prepared for a hospital stay—just in case.

The first few days of recovery are important to ensure a successful recovery. Some of the critical steps include:

- Returning to a regular diet 24 hours after hip surgery
- Switching from IV to oral pain relief after 24 hours
- Moving (aided) after 24 hours and unaided after 72 hours

You should continue following your surgeon's post-surgery instructions to prevent infections and begin light physical therapy at home to regain motion and strength.

When the staples are removed around two weeks after surgery, you can begin to bathe as usual.

## Long-Term Rehabilitation and Recovery

Driving and other light activities will take around six weeks to resume. Regular activity can typically resume at 12 weeks, although you will still want to avoid putting your body under too much strain. If you feel unsure if you are ready for certain activities, consult your medical providers. Take things slowly and progressively while also monitoring for complications.

You should actively engage in physical therapy post-surgery to ensure proper [joint health](#). Physical therapy will include a combination of treatment at home and in a clinic. It is essential for regaining strength, flexibility, and mobility in the hip(s) following treatment. Some possible exercises that you may be asked to try are:

- Bridging
- Heel raises
- Hip extensions
- Knee lifts
- Mini squats
- Standing hip abductions

If you have had hip pain and problems for many years, a return to normal movement can feel a little strange at first, but you will get used to it.

Long-term rehabilitation may take months or years. However, the rewards include increased strength and mobility for improved daily life. With the proper care, modern hip replacements can last up to 20 years, even if you are active.

## Hip Surgery in Idaho Falls

Hip surgery can dramatically transform your quality of life by removing discomfort and improving your physical capabilities. For the best results, you must adhere to every part of the procedure, from pre-surgery instructions to post-treatment rehabilitation.

Choosing the right surgeon will give you the best chance of a smooth surgery and recovery. If you are considering hip surgery in Idaho Falls, [Summit Orthopedics](#) can deliver the professional and compassionate care you deserve. [Contact](#) our friendly team today to schedule a consultation.

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Hip

