

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

Living with chronic hip pain can make even simple daily activities feel exhausting. Walking, standing, driving, and sleeping comfortably may become increasingly difficult as joint damage progresses. For many patients, hip surgery offers a long-term solution that restores mobility, reduces pain, and improves overall quality of life.

At Summit Orthopaedics in Idaho Falls, we help patients understand every step of the surgical process so they can feel confident and prepared. Whether you are considering a hip replacement, addressing arthritis-related pain, or treating a serious hip injury, knowing what to expect before, during, and after surgery can make the experience far less overwhelming.

## Why Hip Surgery May Be Recommended

Hip surgery is one of the most common and successful orthopaedic procedures performed today. Hundreds of thousands of Americans undergo hip procedures each year to relieve pain and regain movement after injury or joint degeneration.

Several conditions may lead a physician to recommend surgery, including:

- Osteoarthritis
- Hip fractures
- Cartilage deterioration
- Bone disorders
- Joint instability
- Chronic inflammation
- Failed previous hip procedures

For many patients, conservative treatments such as medication, injections, or physical therapy may provide temporary relief. However, when pain continues to interfere with everyday life, surgery may become the most effective option.

The goal of hip surgery is not simply to reduce discomfort. Successful treatment can help patients return to activities they enjoy while improving balance, mobility, and independence.

## Preparing For Hip Surgery

Preparing properly before surgery plays a major role in the recovery process. At Summit Orthopaedics, we begin with a comprehensive consultation and evaluation to determine whether surgery is the right solution for your condition.

During your appointment, our team will review your symptoms, medical history, imaging results, and previous treatments. In some cases, non-surgical therapies may still be recommended before moving

forward with surgery. If a procedure is necessary, we will explain your options clearly and answer any questions you may have.

Every patient receives individualized pre-surgical instructions based on their health needs and the type of procedure being performed. These instructions may include guidance such as:

- Temporarily stopping certain medications
- Avoiding food or drinks before surgery
- Pausing specific supplements
- Preparing the skin before surgery
- Wearing loose, comfortable clothing on procedure day

Careful preparation helps reduce complications and supports a smoother recovery process.

## **Preparing Your Home For Recovery**

Many patients focus entirely on surgery itself and forget to prepare for the recovery period afterward. Since mobility will be temporarily limited, organizing your home in advance can make daily life much easier during the first few weeks.

Removing trip hazards like loose rugs or clutter is an important first step. Patients may also benefit from supportive recovery items such as raised toilet seats, shower chairs, grabbers, or supportive pillows that improve comfort while resting.

Having help available during the first several days after surgery can also make a significant difference. Friends or family members may assist with meals, errands, transportation, or household tasks while mobility gradually improves.

Planning ahead allows patients to focus fully on healing once they return home.

## **What Happens On The Day Of Surgery?**

It is completely normal to feel nervous before surgery. Our experienced orthopaedic team works closely with every patient to ensure they feel informed, comfortable, and supported throughout the entire process.

Most patients arrive several hours before their scheduled surgery time. During admission, the care team reviews medical information, confirms that pre-surgical instructions were followed, and answers any remaining questions.

Once preparation is complete, anesthesia is administered before the procedure begins. Depending on the specific surgery being performed, the operation may involve:

- Total hip replacement
- Partial hip replacement
- Hip resurfacing
- Revision hip surgery

Surgical techniques may vary depending on the patient's condition, anatomy, and long-term treatment goals. Our orthopaedic specialists carefully determine the most appropriate approach for each individual case.

## **Recovery Immediately After Hip Surgery**

Following surgery, patients are monitored closely while waking from anesthesia. Pain management, mobility assistance, and early recovery care begin almost immediately to help support healing and reduce complications.

Some patients return home the same day, while others may stay overnight for additional monitoring depending on the procedure and overall health status. During this time, patients often begin light movement with assistance from medical staff or physical therapists.

Early movement is an important part of recovery. Gentle activity can help improve circulation, reduce stiffness, and lower the risk of post-surgical complications.

Pain and discomfort are expected initially, but modern pain management techniques help patients remain as comfortable as possible throughout recovery.

## **The First Few Weeks After Surgery**

The first several weeks after hip surgery are critical for healing and regaining mobility. Patients are encouraged to follow all post-operative instructions carefully to protect the joint and support long-term success.

During early recovery, patients gradually transition back to normal daily routines. This process often includes:

- Returning to a regular diet
- Switching to oral pain medications
- Increasing walking activity slowly
- Continuing mobility exercises
- Monitoring for signs of infection or swelling

Many patients begin light home exercises shortly after surgery to improve strength and flexibility. Consistency during this phase is extremely important for rebuilding mobility safely.

While progress may feel gradual at first, small improvements often add up quickly over the first several weeks.

## **The Importance Of Physical Therapy**

Physical therapy plays a major role in long-term recovery after hip surgery. Structured rehabilitation helps patients restore strength, improve flexibility, and rebuild confidence in movement.

Therapy programs are customized based on each patient's mobility level, surgical procedure, and recovery goals. Exercises are designed to improve joint stability while reducing stiffness and discomfort over time.

Common rehabilitation exercises may focus on:

- Improving balance
- Strengthening hip muscles
- Restoring walking mechanics
- Increasing flexibility
- Rebuilding endurance

Patients often notice significant improvements in mobility and pain levels as therapy progresses. Although movement may feel unfamiliar at first after years of chronic hip pain, the body gradually adapts to improved joint function.

## **How Long Does Full Recovery Take?**

Recovery timelines vary depending on the patient and the type of procedure performed. Many patients resume light daily activities within several weeks, while more demanding activities may require additional healing time.

Driving and routine activities often become easier after the initial recovery phase, though patients should always follow their surgeon's recommendations before resuming normal responsibilities. Long-term rehabilitation may continue for several months as strength and flexibility improve.

The good news is that modern hip replacement procedures are highly successful and designed for long-lasting performance. With proper care, many hip replacements continue functioning well for many years while allowing patients to maintain active lifestyles.

Patience during recovery is essential. Gradual progress often leads to the best long-term outcomes.

## **Expert Hip Surgery Care In Idaho Falls**

Choosing the right orthopaedic provider is one of the most important decisions you can make when considering hip surgery. At Summit Orthopaedics, our team is committed to delivering compassionate care, advanced treatment options, and personalized recovery support for every patient.

We understand how debilitating hip pain can become, and we work closely with patients throughout every stage of treatment — from diagnosis and surgical planning to rehabilitation and long-term care.

If chronic hip pain is limiting your mobility or affecting your quality of life, our experienced team is here to help you explore the best treatment options for your needs.

## **Take The First Step Toward Better Mobility**

Hip surgery can be life-changing for patients struggling with chronic pain, arthritis, or reduced mobility. With proper preparation, expert surgical care, and guided rehabilitation, many patients experience lasting relief and a renewed ability to enjoy daily life comfortably.

At Summit Orthopaedics in Idaho Falls, we are dedicated to helping patients move with confidence again. If you are considering hip replacement surgery or want to learn more about your treatment options, contact our team today to schedule a consultation.

## **Related Questions**

### **How do I know if I need hip surgery?**

Persistent hip pain, stiffness, reduced mobility, and difficulty completing daily activities may indicate that surgery should be considered after conservative treatments no longer help.

### **How long does recovery from hip surgery usually take?**

Most patients see significant improvement within several weeks, though full recovery and rehabilitation may continue for several months.

### **Will I need physical therapy after hip surgery?**

Yes. Physical therapy is an important part of recovery and helps restore strength, flexibility, and mobility after surgery.

### **Can I go home the same day after hip surgery?**

Some patients qualify for outpatient procedures and return home the same day, while others may stay overnight depending on their condition and procedure type.