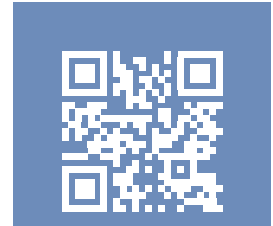


Changing Your Hip Dressing

After your total hip replacement, you will leave hospital with a Hypafix dressing over your wound. This guide explains how to change it yourself at home. The hip dressing covers a smaller incision than the knee, and most patients manage the change easily with a little help.



KEY STEPS

01 Gather Supplies

Hypafix tape, scissors, and clean hands.

02 Remove Old Dressing

Peel gently from skin edges, supporting the wound as you go.

03 Inspect the Wound

Check for unexpected redness, swelling, or discharge. Send a photo if concerned.

04 Apply New Dressing

Cover the incision fully with Hypafix; smooth all edges firmly to skin.

QUICK FACTS

DRESSING

Hypafix Tape

WATERPROOF

Yes

SWIMMING

4 Weeks Post-Op

CONCERN

Photo to Dr Liew

“Protecting your wound at home

is a key part of recovery.”

FREQUENTLY ASKED QUESTIONS

Q. Can I shower with the Hypafix dressing on?

Yes. It is waterproof. Shower normally and pat it dry. Avoid rubbing or peeling at the edges after a shower.

Q. How long should I keep the dressing on?

Leave it until it starts to lift naturally. If it is still on after 2 weeks, simply remove it — the wound will have sealed by then.

Q. What if the wound looks red or has discharge?

Take a clear photo and contact our rooms immediately. Early assessment is always better than waiting.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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