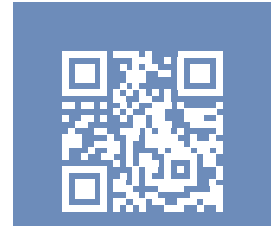


Changing Your Knee Dressing

After your total knee replacement, you will leave hospital with a Hypafix dressing over your wound. This guide explains how to change it yourself at home. The process is straightforward, and most patients manage it comfortably with the help of a family member or carer.



KEY STEPS

01 Gather Supplies

Hypafix tape, scissors, and clean hands or gloves.

02 Remove Old Dressing

Gently peel the Hypafix from the skin — go slowly around wound edges.

03 Inspect the Wound

Look for any signs of unusual redness, discharge, or wound separation.

04 Apply New Dressing

Cut Hypafix to cover wound fully; smooth down edges firmly.

QUICK FACTS

DRESSING

Hypafix Tape

FREQUENCY

As Directed

SWIMMING

4 Weeks Post-Op

CONCERN

Contact Dr Liew

**"A clean, well-covered wound
heals best."**

FREQUENTLY ASKED QUESTIONS

Q. Can I get the Hypafix dressing wet?

Yes. Shower as normal and pat dry afterwards. Do not rub. The dressing is waterproof and designed to stay on for several days.

Q. When can I swim or go in the ocean?

4 weeks post-operatively. This ensures the wound is fully sealed before any submersion, reducing infection risk.

Q. There is some fluid from the wound — what do I do?

Please contact Dr Liew and send a photo. Most cases are simple serous fluid, but he always likes to review to be certain.

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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