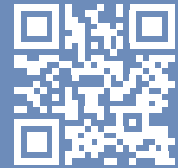


Post-Operative Recovery Guide

Understanding the post-operative period sets realistic expectations and empowers you to play an active role in your own recovery. Most hip and knee replacement patients follow a predictable and reassuring recovery trajectory — with meaningful improvement at each milestone. This guide outlines what to expect in the weeks and months following surgery.



KEY STEPS

01 Week 1–2

Pain managed with medication; wound dressed; walking with aid.

02 Week 3–6

Increasing independence; driving most patients; wound healed.

03 Month 2–3

Walking without aids; returning to social activities and driving.

04 Month 6–12

Approaching full recovery; sport and exercise well established.

QUICK FACTS

WEEK 2

Clinic Review

DRIVING

4–6 Weeks

SWIMMING

4 Weeks Post-Op

FULL REC

6–12 Months

“Each week brings meaningful progress.

Trust the process.”

FREQUENTLY ASKED QUESTIONS

Q. When should I be worried about pain?

Some pain in the first 4–6 weeks is expected. Sudden worsening pain, significant swelling, warmth, or fever should prompt immediate contact with our rooms.

Q. When can I return to work?

Sedentary work: 2–4 weeks. Physical work: 6–12 weeks depending on nature of job. Confirm with Dr Liew for your situation.

Q. Is it normal for my leg to be swollen for months?

Yes. Swelling can persist for up to 12 months, particularly after activity. Elevation, icing, and compression stockings help manage it in the early period.

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

Orthopaedics 360 · Eastwood Private Hospital, Adelaide SA

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