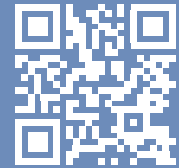


# Pre-Op Guide for Hip Replacement Patients

This guide covers everything you need to know before your total hip replacement. Preparation is a key part of a successful outcome. Understanding the admission process, what to expect during your hospital stay, and how to prepare your home will help you recover efficiently and with confidence.



## KEY STEPS

### 01 Pre-Op Preparation

Cease blood thinners, NSAIDs, and supplements as directed; complete blood tests.

### 02 Day of Surgery

Fast from midnight; arrive at Eastwood Private at your nominated time.

### 03 In Hospital

Walk same day with physio; anterior approach allows early, independent mobilisation.

### 04 Going Home

Discharged with pain relief, dressings, exercises, and outpatient physio referral.

## QUICK FACTS

### APPROACH

Direct Anterior

### WALKING

Day of Surgery

### STAY

2–4 Nights

### DRIVING

4–6 Weeks

“The direct anterior approach means  
walking on the day of your surgery.”

## FREQUENTLY ASKED QUESTIONS

### Q. Will I have hip precautions after surgery?

With the direct anterior approach, traditional hip precautions are generally not required. Dr Liew will advise based on your specific anatomy and implant.

### Q. Can I sleep in a normal bed?

Yes. The anterior approach does not require a raised chair or special bed height in most cases.

### Q. When can I return to normal activities?

Most patients return to light activities by 6 weeks and most normal activities by 3 months. Full recovery and bone ingrowth complete by 12 months.

## 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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