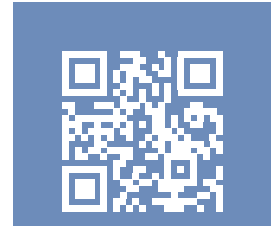


Pre-Op Guide for Knee Replacement Patients

This guide covers everything you need to know before your total knee replacement. Understanding the preparation steps, what to bring to hospital, your expected hospital stay, and early recovery milestones will help you feel confident and ready for surgery day.



KEY STEPS

01 Before Surgery

Stop blood thinners and anti-inflammatories as directed; complete pre-op blood tests.

02 Day of Surgery

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

03 In Hospital

Walk same day with physiotherapy; ice and elevation for swelling.

04 Going Home

Discharged with pain relief, dressings, and an exercise programme.

QUICK FACTS

FASTING

From Midnight

WALKING

Day of Surgery

STAY

2–3 Nights

KNEE BEND

90° by Week 2

“Preparation is half the operation.

Know what to expect.”

FREQUENTLY ASKED QUESTIONS

Q. When can I drive after knee replacement?

Most patients can drive at 4–6 weeks, once they can safely perform an emergency stop. Right-knee patients take longer than left-knee patients.

Q. Do I need to stop all my medications?

Not all medications. Dr Liew and your anaesthetist will provide a specific list. Never stop medications without guidance.

Q. What knee bend do I need for daily activities?

90° flexion is needed for most daily activities. By 2 weeks post-op, this is the goal. Most patients achieve greater range by 6 weeks.

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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