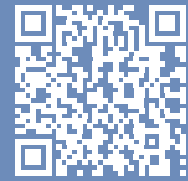


Pre-Operative Information

Preparing well for your hip or knee replacement surgery gives you the best possible foundation for a smooth procedure and a fast recovery. This page links to detailed pre-operative information for both total knee and total hip replacement patients. Please read the relevant section carefully and contact our rooms with any questions.



KEY STEPS

01 Read Your Pre-Op Guide

Detailed guides available for TKR and THR patients on this portal.

02 Medical Optimisation

Manage blood pressure, blood sugar, and weight before surgery.

03 Home Preparation

Arrange assistance, set up your recovery space, stock your fridge.

04 Day Before Surgery

Fast from midnight; take only permitted medications with a sip of water.

QUICK FACTS

FASTING

From Midnight

MEDICATIONS

As Directed

PREP TIME

2-4 Weeks

ADMISSION

Day of Surgery

"A well-prepared patient

is a well-recovering patient."

FREQUENTLY ASKED QUESTIONS

Q. What medications should I stop before surgery?

Blood thinners, anti-inflammatories, and some supplements must be stopped. Dr Liew and your anaesthetist will provide a specific list.

Q. Do I need to fast before surgery?

Yes. No food or drink (including water) from midnight the night before. Some medications may be taken with a sip of water – confirm with our team.

Q. What should I prepare at home before surgery?

Set up a ground-floor sleeping area if possible, install grab rails if needed, stock easy-to-prepare food, and arrange help for the first 1-2 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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