3 Months Post Hip Replacement

SCAN TO READ MORE

At 3 months after your total hip replacement, most patients are walking freely, have returned to social activities, and feel confident in their new hip. Internal bone ingrowth into the implant is well established by this point. Activities continue to expand, and most patients feel they are approaching their long-term baseline.

KEY STEPS

01 Activity Level
Walking freely without aids; low-impact sport and exercise encouraged.

02 Hip Precautions
Standard precautions can usually be lifted at 6 weeks for most patients.

03 Driving
Most patients return to driving at 4–6 weeks post-op with the DAA approach.

04 Ongoing Improvement
Strength, confidence, and comfort continue to improve through 12 months.

QUICK FACTS

APPROACH	Direct Anterior
DRIVING	4–6 Weeks
PRECAUTIONS	Lifted at 6 Wks
SWIMMING	4 Weeks Post-Op

> "At 3 months post-op,
> most patients feel truly transformed."
> — Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Are there any ongoing activity restrictions?
After 6 weeks, most hip precautions are lifted for anterior approach patients. Dr Liew will advise individually based on your recovery.

Q. When can I swim?
4 weeks post-operatively, once the wound is fully sealed. Hydrotherapy can begin at the same time with physiotherapy guidance.

Q. How long until the hip feels completely normal?
Most patients reach 90–95% recovery by 3 months. Fine gains in strength, confidence, and endurance continue for up to 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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