



SCAN TO READ MORE

6 Weeks After Your Total Hip Replacement

Six weeks after your total hip replacement is a significant milestone. With the direct anterior approach, there were never any formal hip precautions — and by now, most of the early discomfort has settled considerably. You should be walking more confidently, managing daily activities independently, and beginning to feel like yourself again.

YOUR RECOVERY AT 6 WEEKS

01 Walking

Walking without aid or transitioning away from one. Build distance gradually each day.

02 Driving

You should already be driving. Left hip auto: 2–3 weeks. Right hip: around 4 weeks.

03 Return to Work

Desk roles: cleared. Light physical: 6 weeks. Heavy manual: 3–4 months.

04 Exercise

Walking, cycling, swimming (4 weeks post-op), hydrotherapy and light gym all appropriate.

05 Watch For

Fever, wound discharge, calf swelling (DVT), or sudden severe hip pain — contact rooms.

AT A GLANCE

APPROACH

Direct Anterior

PRECAUTIONS

None — DAA

DRIVING

Already Cleared

NEXT REVIEW

3 Months

“Six weeks is not the end of recovery —
it is the beginning of freedom.”

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Do I still need hip precautions at six weeks?

No. With the direct anterior approach there were never any formal hip precautions. At six weeks there are simply no restrictions on movement.

Q. Why does my thigh feel numb near the scar?

This is the lateral femoral cutaneous nerve — a sensory nerve close to the anterior approach incision. It does not affect strength and almost always resolves over several months.

Q. Is it normal to still have swelling at six weeks?

Yes. Swelling after hip replacement can take three to six months to fully resolve. Elevation when resting and regular walking both help.

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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