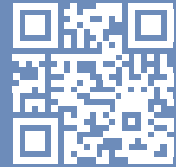


Bilateral Hip Replacement



SCAN TO WATCH VIDEO

When both hips are affected by arthritis, patients and surgeons face a choice: replace both hips at the same admission (simultaneous bilateral) or stage the procedures with a gap of several months. Each approach has distinct benefits and trade-offs, and the right decision depends on the patient's overall health, fitness, and personal circumstances.

THE TECHNIQUE

01 Staged Approach

Two separate procedures, typically 3–6 months apart.

02 Simultaneous Approach

Both hips replaced in a single operative session.

03 Benefits of Staged

Lower physiological load; recovery from one hip before the next.

04 Benefits of Simultaneous

One anaesthetic, one recovery period, parallel rehabilitation.

AT A GLANCE

OPTIONS

Staged or Same-Day

GAP

3–6 Months Apart

REHAB

Parallel Recovery

DECISION

Fitness-Based

"Two hips — one journey.

The path depends on you."

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Is simultaneous bilateral safe?

For carefully selected patients who are medically fit, simultaneous bilateral hip replacement is well-supported by the evidence.

Q. How long is recovery from bilateral replacement?

Recovery follows a similar timeline to a single hip replacement — most patients walk independently within 4–6 weeks.

Q. Which approach does Dr Liew recommend?

Dr Liew assesses each patient individually. For healthy, fit patients, simultaneous replacement is often a practical and efficient option.

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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