

Hip Replacement Recovery Week by Week



SCAN TO READ MORE

Recovery from total hip replacement is faster than most patients expect — particularly with the direct anterior approach. This guide outlines what is typical at each stage, from the day of surgery through to 12 months. Individual timelines vary, and Dr Liew will provide a personalised plan at your pre-operative and post-operative appointments.

THE TECHNIQUE

01 Surgery Day

Walking with a frame on the day of surgery or the morning after.

02 Weeks 1–2

Home recovery begins: distance increasing, aids transitioning to a single crutch.

03 Weeks 3–6

Return to driving, functional independence, and desk-based work.

04 3–12 Months

Strength rebuilding, progressive return to sport, 12-month review.

AT A GLANCE

WALKING

Day of Surgery

DRIVING

2–3 Weeks

UNAIDED

3–4 Weeks

PLATEAU

3–12 Months

"We get patients walking on the day of surgery.

Early movement is one of the most important things we can do."

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. When can I drive after hip replacement?

Most patients are cleared to drive around 2–3 weeks after surgery, provided they are off opioids and can comfortably perform an emergency stop. Check with Dr Liew at your post-operative review.

Q. Will I need crutches for a long time?

With the direct anterior approach, most patients progress from a frame to a single crutch within 1–2 weeks, and many discard aids by 3–4 weeks. Individual progression depends on strength, confidence, and comfort.

Q. When will I feel fully back to normal?

Most patients feel largely recovered by 3–6 months. The formal 12-month review confirms full implant integration. Recovery continues in subtle ways throughout the first year.

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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