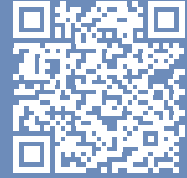


# Nutrition and Joint Replacements



SCAN TO READ MORE

Your nutritional status and body weight are among the most modifiable factors that influence your surgical outcome. Preparing well — in terms of what you eat, how you manage your weight, and how you optimise your nutritional reserves — can meaningfully improve both your readiness for surgery and the quality of your recovery. Attention to nutrition before and after surgery is one of the most effective things a patient can do to improve their result.

## THE TECHNIQUE

### 01 Weight & BMI

BMI elevation raises complication risk; even 5–10% weight loss helps.

### 02 Protein & Vitamins

Target 1.2–1.5 g/kg/day protein; check Vitamin D and iron levels.

### 03 Prehabilitation & Diet

Pre-op dietary optimisation reduces risk and speeds recovery.

### 04 Nutrition in Recovery

Increased protein needed; hydration and fibre manage side effects.

## AT A GLANCE

IDEAL BMI  
< 35 kg/m<sup>2</sup>

PROTEIN  
1.2–1.5 g/kg/day

VIT D  
Check Pre-Op

SMOKING  
Cease □ 6 Weeks

“Even modest weight loss before surgery  
can meaningfully change your risk profile.”

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. How much does weight actually matter for surgery?

BMI above 40 significantly increases risk of infection, wound healing problems, and revision. Even a 5–10% reduction in body weight before surgery can meaningfully lower your complication profile.

### Q. Should I take protein supplements before surgery?

If your diet is adequate, supplements may not be necessary. Focus on whole food protein sources — lean meat, eggs, legumes, dairy, fish — achieving 1.2–1.5g per kilogram of body weight daily.

### Q. What about smoking — does it really affect my outcome?

Smoking impairs wound healing, increases infection risk, and reduces bone healing. Ideally, cessation should occur at least six weeks before your planned procedure for meaningful risk reduction.

## 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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