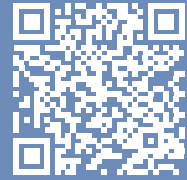


# Patient Factors in Outcomes



SCAN TO READ MORE

Patients often ask whether there is anything they can do to improve the outcome of a total hip or total knee replacement. The answer is yes. While the surgery itself matters enormously, there are many things you can do before and after the operation that meaningfully influence your recovery and your long-term result. A joint replacement is a partnership — and your contribution to it is real.

## THE TECHNIQUE

### 01 Weight & BMI

Even modest weight loss can reduce complication risk and improve early recovery.

### 02 Nutrition & Healing

Adequate protein (1.2–1.5 g/kg/day) supports wound healing and muscle recovery.

### 03 Strength & Prehabilitation

Pre-op strengthening of quads, glutes, and core makes early recovery easier.

### 04 Medical & Mental Readiness

Well-controlled conditions and a prepared mindset improve the surgical journey.

### 05 Practical Preparation

Home modifications, support planning, and knowing the process reduce stress.

## AT A GLANCE

### APPLIES TO

**Hip & Knee**

### PROTEIN

**1.2–1.5 g/kg/day**

### SMOKING

**Cease ☐ 6 Weeks**

### WEIGHT LOSS

**Even 5% Helps**

**“Surgery can replace the joint,  
but preparation shapes the outcome.”**

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. Can I actually improve my result before surgery?

Yes. Improving your nutrition, working on your strength, reducing your weight if needed, stopping smoking, and making sure your medical conditions are well controlled can all improve the overall journey.

### Q. Do I need to lose weight before a hip or knee replacement?

Not every patient needs to lose weight before surgery. However, even modest weight loss can be helpful if your weight is raising your risk of complications. The aim is not a perfect number — it is meaningful improvement.

### Q. What is the most important thing to do after surgery?

Follow the postoperative plan and keep making steady progress — walking, managing pain sensibly, protecting the wound, and building confidence gradually. Steady improvement matters more than doing too much too early.

## 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