



# PROHEALTH ASIA

HONG KONG

SPORTS AND SPINAL  
POSTURE PLUS  
BONE HEALTH

## Essential Guide to Pre & Post Operative Care in Hong Kong

Undergoing surgery, whether minor or major, can be a daunting experience for anyone living in Hong Kong's fast-paced environment. Proper pre & post operative care in Hong Kong plays a pivotal role in ensuring faster recovery, fewer complications, and a smooth return to daily life.

**Pre & post operative care in Hong Kong** starts well before the day of surgery. At ProHealth Asia, our multidisciplinary team – including physiotherapists, nurses, and nutritionists – designs personalized prehabilitation programs. These programs focus on strengthening the body, optimizing nutrition, and managing anxiety. Patients who follow structured pre & post operative care in Hong Kong have shown up to 30–50% shorter hospital stays and significantly reduced post-surgical pain.



In the preoperative phase, we conduct thorough assessments of cardiovascular fitness, muscle strength, and joint mobility. Simple exercises such as breathing techniques, gentle stretching, and light resistance training prepare the body for the stress of surgery. Smoking cessation and blood sugar control are equally emphasized, especially for orthopaedic, cardiac, and spinal procedures commonly performed in Hong Kong private hospitals.

Once surgery is complete, immediate post-operative care begins in the recovery room and continues seamlessly at home or in our outpatient clinics across Hong Kong Island and Kowloon. Early mobilization – often within 6–12 hours after surgery – is a cornerstone of modern pre & post operative care in Hong Kong. Our physiotherapists guide patients through safe movement protocols to prevent blood clots, reduce swelling, and restore range of motion.

Pain management is another critical component. Instead of relying solely on medication, we integrate manual therapy, acupuncture, and TENS to keep discomfort minimal while avoiding opioid dependency. Wound care education ensures patients and caregivers understand dressing changes, infection signs, and hygiene practices specific to Hong Kong's humid climate.



Nutrition cannot be overlooked. A diet rich in protein, vitamin C, zinc, and hydration accelerates tissue healing. Our in-house dietitians provide meal plans tailored to cultural preferences – think congee with lean pork and goji berries for collagen support – making adherence easier for local patients.

Follow-up appointments at ProHealth Asia are scheduled at 1 week, 2 weeks, 6 weeks, and 3 months post-surgery. These sessions allow us to track progress, adjust exercises, and address complications early. Patients who commit to the full continuum of pre & post operative care in Hong Kong consistently report higher satisfaction scores and return to work or sports faster. If you or a loved one are facing surgery in Hong Kong, don't leave recovery to chance. Contact ProHealth Asia today for comprehensive pre & post operative care in Hong Kong that puts evidence-based rehabilitation first.

#### **Contact Us**

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#### **Social Media Links:**

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