



## Post-Operative Instructions: Proximal Hamstring Repair

### MEDICATIONS

#### Prescribed Narcotics:

- This medication may be taken as needed for pain as directed on the bottle.
- Do not drive or drink alcohol while taking this medication.

#### Acetaminophen (Tylenol):

- This medications may be taken as needed.
- Please use as directed on the bottle.
- Do not exceed 4,000 mg of Acetaminophen in a 24 hour period.

#### Blood thinner:

- Please take blood thinner as directed on the bottle. It is important to take as prescribed to help prevent blood clots.

#### Stool softener:

- We recommend picking up an over the counter stool softer such as MiraLax, as a common side effect of narcotic pain medication is constipation.
- It is normal to take several days to make a bowel movement after surgery.
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.

### WOUND CARE

- You may shower with your dressing in place. It will be removed at your first post-operative visit. If you notice the dressing has peeled up or is no longer intact, please call Dr. Rawal's office for further instructions and do not get area wet.
- Once your dressing has been removed, do not scrub the incision sites- you may let soap and water run down the incisions and pat dry with a towel once you're done.
- DO NOT soak in any pool/bath water until at least 6 weeks after surgery.

### ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- Place pillows under knee to support brace locked at 30 degrees, it may be comfortable to purchase a donut to offload pressure over incision on your bottom
- Use crutches to assist with walking – you will be **NONWEIGHTBEARING x6 weeks** with brace locked in 30 degrees of flexion following surgery
- Do not engage in activities which increase swelling/pain (prolonged periods of standing or walking) for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### BRACE

- Your brace should be worn locked at 30 degrees of flexion at all times (day and night – except for exercises) until otherwise instructed after the first post-operative visit.



## OrthoTeam Clinic

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### **ICE THERAPY**

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- You may use the ice machine for 2 hours on, then remove for two hours during the day until your first post-operative visit. Care should be taken with icing to avoid frostbite to the skin. **DO NOT PLACE ICE PACK / PAD DIRECTLY ON SKIN.**
- Icing should not be performed while sleeping.

### **EXERCISE**

- Begin exercises 24 hours after surgery (ankle pumps) unless otherwise instructed.
- Discomfort and stiffness is normal for a few days following surgery.
- Complete ankle pumps 3-4 times daily until your first post-operative visit
- Formal physical therapy (PT) typically begins 4-6 weeks following surgery. A prescription and protocol will be provided at your follow up appointments.

### **EMERGENCIES**

Contact our office at (608) 231-3410, if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in your foot
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting
- Calf pain
- If you have an emergency that requires immediate attention proceed to the nearest emergency room.

### **FOLLOW-UP CARE/QUESTIONS**

- If you do not already have a post-operative appointment scheduled or if you need to change the appointment, please contact our scheduler at 608-231-3410 to schedule.
- Your first post-operative appointment will be scheduled with one of the Physician Assistants for a wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically the first post-operative appointment is made for 10-14 days following surgery for suture removal if you have any sutures in place.