



Post-Operative Instructions

Proximal Hamstring Repair

Please read all instructions carefully and ask for clarification if necessary

ACTIVITY

You will be in a **HINGED KNEE BRACE TO BE WORN AT ALL TIMES DAY/NIGHT**

- The brace is locked in flexion to protect your repaired hamstring and keep leg flexed
- You may be **TOE TOUCH WEIGHT BEARING** and will ambulate with the assistance of crutches while wearing your brace
- **DO NOT FLEX YOUR HIP** past 90 degrees (No sitting on low seats/toilets)
- You may remove the brace when laying down to ice the knee and showering, however, **DO NOT FULLY STRAIGHTEN YOUR KNEE**

You **MAY NOT** drive until you are cleared to do so at one of your post-operative visits

You may continue your normal diet as tolerated

DRESSING/WOUND CARE/SHOWERING

It is expected that your hip/leg will be very swollen and bruising can occur

- This swelling may occur from the thigh to the foot for the first week or so
- This is normal and will resolve with time

Please remove your dressing on the **THIRD DAY after your surgery**

- **You do not have** any sutures; they are buried under the skin and absorbable
- If your incision remains dry, you may cover it with gauze/tape or another waterproof bandage
- You may experience drainage for first 2-3 days from your incision, **this is normal**
 - o If you experience drainage, you may cover your incision with a dry gauze dressing

You may shower after you remove the dressing on the **THIRD DAY after your surgery**

- Cover incision with a waterproof bandage or plastic
- **Do not** let the water directly hit your incision
- Pat incision dry after showering and cover incisions with dry dressing
- **NO LOTIONS, OINTMENTS OR CREAMS** should be used over incisions

****DO NOT SUBMERGE YOUR INCISIONS IN A BATH, POOL, ETC****

COLD THERAPY

You should ice the thigh every hour for 20 minutes at a time for the first 2 days, then on an as-needed basis after the first 48 hours

- **Avoid direct skin contact with the ice and exposure longer than 20 minutes as this can lead to frostbite**

MEDICATIONS

You may begin taking your prescription pain medication (below) upon arriving home and should continue taking it every 4-6 hours as needed for pain

- **Percocet 5/325** (Oxycodone 5mg with Acetaminophen 325mg): Take 1 tablet every 4-6 hours as needed for pain
- You may take 2 tablets if pain is severe
- *****DO NOT take additional Tylenol with the Percocet*****

You will also have a prescription for:

- **Aspirin** (81mg): Take one in the morning and one in evening to prevent blood clots
- **Zofran** (Ondansetron): For nausea as needed
- **Toradol** (Ketorolac): Take 1 tablet every 6 hours with food for 3 days (until medication is completed)
- Once the Toradol is complete, you may take Advil (2 pills three times per day) or Aleve (2 pills twice a day) to help minimize inflammation, soreness and swelling
- **Keflex** (Cephalexin): Take 1 tablet every 6 hours for 3 days for infection prophylaxis

DO NOT DRIVE a vehicle or operate any machinery while taking narcotic pain medication

DO NOT drink alcohol while taking narcotic pain medication

Try to **take the above medications with food** to help prevent any stomach irritation

You may also take an **over-the-counter stool softener** (such as Senna, Dulcolax or Colace) to help prevent constipation from the narcotic pain medication

If you have **any adverse or allergic reactions** to medications, stop them and call the office

****Please note, if you had a nerve block this will likely wear off within 24-48 hours of surgery. It is advised to begin taking your pain medicine before the block fully wears off*****

FOLLOW-UP

You should have your first post-op visit scheduled for **one week** after surgery

- If you do not have an appointment, please call our office **(860-533-4692)** to schedule

Please call the office (860-533-4692) if you experience any of the following:

- Fever over 101° (low-grade fevers are common after surgery)
- Non-stop drainage or bleeding from incisions that soaks through multiple dressings
- Excessive pain that is not being controlled with medication
- Chest pain or difficulty breathing
- Excessive redness or discharge from incisions

EXERCISES

ANKLE FLEXION/EXTENSION



Actively flex and extend ankle as far as you can, performing 10-15 repetitions per hour