

## **Post-Op Instructions for Proximal Hamstring Repair**

### **DIET**

- Begin with clear liquids and light foods (jello, soups, etc.).
- Progress to your normal diet if you are not nauseated.

### **WOUND CARE**

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs.
- It is normal for the knee to bleed and swell following surgery. If blood soaks onto the ACE bandage, do not become alarmed, reinforce with additional dressing.
- Remove surgical dressing on the third post-operative day – if minimal drainage is present, apply waterproof dressing over incision and change daily.
- To avoid infection, keep surgical incisions clean and dry for the first 14 days following surgery – you may shower by placing a large plastic bag over your brace beginning the day after surgery. NO immersion of the operative leg (i.e.: bath or pool).
- Please do not place any ointments lotions or creams on the incisions.
- After your post-operative visit, you can begin to get the incision wet in the shower (water and soap lightly run over the incision and pat dry). NO immersion in a bath until given approval by our office.

### **MEDICATIONS**

- For 6 weeks following surgery take one aspirin 81mg tablet TWICE DAILY to lower the risk of developing a blood clot after surgery. Please contact the office should severe calf pain occur or significant swelling of the calf or ankle occur.
- Local anesthetics are injected into the wound and knee joint at the time of surgery. This will wear off within 8-12 hours. Patients commonly encounter more pain on the first or second day after surgery when swelling peaks.
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as directed on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects, take the medication with food. We recommend a stool softener such as Colace (docusate) available over the counter and be sure to drink plenty of water.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medications changed.
- Do not drive a car or operate machinery while taking the narcotic medication.
- Please avoid alcohol use while taking narcotic pain medication.

- If you are having pain that is not being controlled by the pain medication prescribed, you may take an over the counter anti-inflammatory medication such as ibuprofen (600 – 800mg) or naproxen in between doses of pain medication. This will help to decrease pain and decrease the amount of narcotic medication required. Please take as directed on the bottle.

### **ACTIVITY**

- Must use crutches to be compliant with bracing.
- Do not engage in activities which increase lower extremity pain/swelling (prolonged periods of standing or walking) for the first 7-10 days following surgery.
- NO driving until instructed otherwise by physician.
- May return to sedentary work ONLY or school 3-4 days after surgery if pain is tolerable.
- Avoid prolonged sitting or pressure on the incision for the first 3 weeks.

**BRACE** - Your brace should be worn locked at 50° of knee flexion at all times (including sleeping). It should remain locked at all times and will be advanced per the physical therapy protocol.

### **ICE THERAPY**

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Use icing machine continuously or ice packs (if machine not prescribed) for 20-30 minutes every 2 hours daily until your first post-operative visit. Avoid frostbite to the skin by not using icepacks for more than 30 minutes at a time.
- You do not need to wake up in the middle of the night to change over the ice machine or icepacks unless you are uncomfortable.

### **EXERCISE**

- Avoid exercise during the post-operative period.
- Gentle passive range of motion exercises are described in the physical therapy protocol.
- Avoid hip flexion following surgery and for the first 6 weeks.

**EMERGENCIES** - Contact Dr. Barnes' office at (239) 334-7000 if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain
- Fever (over 101° F – it is normal to have a low grade fever (<100°) for the first day or two following surgery) or chills.
- Redness around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)

- Difficulty breathing
- Excessive nausea/vomiting

**If you have an emergency that requires immediate attention proceed to the nearest emergency room.**