



## Post-Op Instructions Open Proximal Hamstring Repair

Please note that these instructions are general guidelines to be followed; however, any written or verbal instructions provided by your provider supersede the instructions below and should be followed.

### DIET

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

### WOUND CARE

- Maintain your operative dressing, you may develop some swelling of the foot and ankle
- The hip incision may ooze some. If blood soaks onto the bandage, do not become alarmed, reinforce with additional dressing
- Change your dressing starting the **3<sup>rd</sup> post op day**.
- To avoid infection, keep surgical incisions clean and dry
- Beginning **3<sup>rd</sup> post op day** you may shower as long as the incisions are dry (without drainage). Keep your dressing in place while showering
- NO immersion in bath or pool until instructed by your provider.

### MEDICATIONS

- Local anesthetics are injected into the wound at the time of surgery. This will wear off within 8-12 hours and it is not uncommon for patients to 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 per directions 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. If constipation occurs, consider taking an over the counter laxative.
- 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
- 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 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.
- Please take a baby aspirin (81 mg) **two times daily** for **14 days** to minimize the risk of blood clot formation. If you are already on a blood thinner (Coumadin, Xarelto, Eliquis, etc.) please restart this the following day after surgery instead of taking a baby aspirin. If you already take a baby aspirin you may resume this unless you have specific instructions from your provider.

### ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling.
- You may place a pillow under your knee while wearing the brace
- Use crutches to assist with walking – you will **be toe touch weightbearing** for the first 5 weeks
- Do not engage in activities which increase leg swelling (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



## Sports Medicine Division Post-Operative Instructions

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### BRACE

- Your brace should be worn locked at 45-50 degrees (bent) at all times (day and night – except for exercises) until otherwise instructed after the first post-operative visit.

### ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Use ice packs for 40 minutes every 2 hours daily until your first post-operative visit – remember to keep leg elevated to level of chest while icing. Care should be taken with icing to avoid frostbite to the skin.

### EXERCISE

- Begin exercises 24 hours after surgery (quad sets, and ankle pumps) unless otherwise instructed.
- Discomfort and hip pain is normal for a few days following surgery.
- Complete exercises 3-4 times daily until your first post-operative visit
- Perform ankle pumps continuously throughout the day to reduce the risk of developing a blood clot in your calf.
- If formal physical therapy (PT) is needed, it is typically arranged prior to your surgery date. It generally begins several days after your surgery date unless your provider has stated otherwise. If you are unsure of this please call the office at 740-454-3273 to receive instructions for starting therapy.

### EMERGENCIES\*\*

- Contact our office M-F 8:00AM – 5:00PM at 740-454-3273
- 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 distal foot and/or ankle
- 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 **after office hours** or on the weekend, contact our after-hours answering service at 740-454-3273 to reach an OAZ provider on call.
- 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, please contact our office at 740-454-3273 to schedule.
- Typically, the first post-operative appointment following surgery is 10-14 days following surgery
- If you have any further questions please contact us during office hours