

Hamstring Repair - Postoperative Instructions

PRESCRIPTION MEDICATIONS

**** Medications will be filled at our pharmacy and the pharmacist will contact you the week of your surgery. They will be ready on the day of surgery for pickup at the surgery location or delivered on the day of surgery, unless otherwise requested.**

Aspirin:

This medication is to help prevent blood clots after surgery.
Take one 325 mg tablet twice per day with food for 30 days.

Colace (Docusate Sodium):

This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.

Take 1 pill in the morning and 1 in the evening to prevent 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.

Hydrocodone/Acetaminophen (Norco):

This is a narcotic medication for pain.

This medication is to be taken AS NEEDED.

Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 2-3 days.

After 2-3 days you should be able to space out or discontinue the medication and transition to

Acetaminophen (Tylenol).

DO NOT exceed 4,000 mg of Acetaminophen in a 24 hour period.

Do not drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.

Zofran (Ondansetron):

This is an anti-nausea medication.

It is a dissolving tablet- place it on your tongue, allow it to dissolve, and swallow.

Take this as needed every 4-6 hours for the first 2 days after surgery.

WOUND CARE

Leave the bulky surgical bandage on and DO NOT shower for 48 hours.

After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) IN PLACE.

You may shower at this point.

Cover incision sites with waterproof bandage prior to getting into the shower.

Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.

It is normal to see a lot of blood-tinged soaked fluid on the bandages.

This may appear to be a pinkish-yellow fluid and is normal.

In between showers, leave the incision sites open to air

DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES

Your stitches will be removed at your first post op visit.

You may shower at this point without waterproof bandages over the incision sites.

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 4 weeks after surgery.

PHYSICAL THERAPY

Physical therapy will not start until 4-6 weeks postop

UNLESS you do need therapy to:

Be taught proper weight bearing technique

Proper utilization of your crutches

Passive range of motion exercises

Isometric exercises that will be done at home

These can be demonstrated on the day of surgery

You will be informed when to start PT at your initial postop visit and provided with an order for PT

Choose a physical therapy clinic close to your home so you can be compliant with your program. Otherwise, no PT necessary until 4-6 weeks postop.

WEIGHTBEARING

Walk with toe touch weight bearing/foot flat weight bearing with use of a hinged knee brace, locked at 45-50 degrees

Keep the hinged knee brace locked at 45 degrees until informed to start straightening

Once you are 4-6 weeks out from surgery, you may begin to progress your weight bearing slowly as directed by your physical therapist to full weight bearing, as long as your pain is not increasing while walking. The first step is unlocking the knee brace gradually, then progressing weight bearing gradually.

Getting off of the crutches takes all patients a different amount of time

Take your time and don't try to rush yourself to get off of the crutches.

BRACE

You will get a knee brace on surgery day.

Over the first few days, concentrate on icing the incision area and wear the brace when you are up and about.

The brace should be worn when walking around or sleeping until you are off the crutches

You do NOT need to wear the brace:

Showering and using the bathroom

ICING

Ice as much as you can for the first 72 hours

Try to ice 4-5 times per day after the first 72 hours for the first two weeks after surgery.

After 2 weeks, ice as needed to decrease swelling, inflammation, and pain.

GENERAL ACTIVITY LEVELS

It is beneficial to change positions often after surgery.

Alternate sitting, reclining, and lying down as much as you can tolerate

We recommend you alternate positions once every 30 minutes to prevent stiffness.

Do not stay in a seated position for longer than 30 minutes

If you need a work note to get up from your desk, please let us know and we can send it in to your employer.

Pump the foot/ankle to promote blood flow upward from the calf toward the heart. This will help prevent blood clots.

Spend 2 to 3 hours per day on your stomach (you can take the brace off for this). Try to leave the incision area dry and exposed to air while doing "tummy time."

Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.

FOLLOW UP

You will need to follow up in clinic with the PA or Dr. Chahla in 2-3 weeks for suture removal.

Please call central scheduling to make an appointment for initial follow-up (contact information below).

WHEN SHOULD YOU CONTACT THE OFFICE?

If you have a fever >100.4 degrees F.

A low-grade temperature (even up to 100 degrees) is expected after surgery, but let us know if it gets this high!

If you develop chills or sweats.

If you have pus, significant pain, or redness surrounding the incision sites.

If you are unable to urinate >1-2 days after surgery.