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Proximal Hamstring Repair Post-Operative Instructions

PRESCRIPTION MEDICATIONS

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

WEIGHTBEARING

- Walk with toe touch weight bearing with use of a hinged knee brace, locked at 45 degrees
- Keep the hinged knee brace locked at 45 degrees until 6 weeks post-op
- Once you are 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, 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 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.

EMERGENCIES**

*Contact Dr. Garcia at 206-633-8100 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 foot 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 the same office number (206-633-8100) and you will be connected to our page service – this will contact Dr. Garcia or one of his physician assistants. If he is unavailable. Do NOT call the hospital or surgicenter.

**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 the office immediately at 206-633-8100 to speak our Administrative Assistant or visit our website www.grantgarciamd.com

*Typically, post-operative appointments are made for 10-14 days following the date of surgery

*If you have any further questions, contact the office directly.