

Post-Op Instructions for Proximal Hamstring Repair

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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
- Remove surgical dressing on the **third** post-operative day and cover with another clean dry gauze dressing and secure with surgical tape or dressing. The incision should remain covered with daily dressing changes **until seen at the first postop visit**.
- It is ok to let the wounds “get some air” each day, but then cover with a dressing to keep it protected.
- If a mesh covering or steri-strips (small white pieces of tape) are present covering the incision, leave this in place.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a plastic covering over the surgical site beginning the day after surgery.
- **Don't get the wound wet in the shower until after the 1st postoperative visit (wound check)**. NO immersion in a bath until 6 weeks after surgery.

MEDICATIONS

- For **6 weeks following surgery take one aspirin tablet 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.
- 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 (600mg

every 6 hours or 800mg every 8 hours) or naproxen as needed 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.**
- Formal physical therapy (PT) will begin a few days after surgery. A prescription and protocol will be provided at the time of surgery unless deferred by Dr. Ferrel. Call to make a physical therapy appointment at your desired location as soon as possible. You may begin physical therapy prior to your first postoperative appointment. Take the prescription and protocol to your first appointment.

BRACE

- Your brace should be always worn locked at 70° of knee flexion (**including sleeping**). It should always remain locked and will be advanced per the physical therapy protocol.
- No driving until brace discontinued.

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.

ICE THERAPY

- Icing is very important in the initial post-operative period and should begin immediately after surgery.
- Remove ice pack/ ice cuff completely when ambulating in the brace.

- 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

EMERGENCIES

Contact Dr. Ferrel's office at 614-545-7958 if any of the following are present:

- Painful swelling or numbness (note that some swelling and numbness is normal)
- Unrelenting pain or calf 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 **after office hours** or on the weekend, contact the office at 614-545-7900 and you will be connected to our pager service. This will connect you with the Physician 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 scheduler at 614-545-7958 to schedule.
- Your first post-operative appointment will be scheduled with either Dr. Ferrel or his designated assistant for a quick wound check, physical therapy protocol and to answer any further questions you have regarding the procedure
- Typically, the first post-operative appointment is 7-10 days following surgery for suture removal.
- If you have any further questions, please contact Dr. Ferrel's office.