

# Post-Operative Proximal Hamstring Repair Instructions

Patient Name: \_\_\_\_\_

Procedure: \_\_\_\_\_

1. **Discharge to Home per Anesthesia**
2. **Follow-Up with Dr. Wright in 7-10 days. Call 855-NH-SPORT for an appointment**

## **ACTIVITY:**

1. Touch-Down Weight Bearing with crutches at all times
2. Hip Brace at ALL times for 4-6 weeks
3. Range of Motion Limits: No hip flexion past 30 degrees.
4. Exercises: Perform the following exercises 3 times/day for 10 minutes:
  - Quad sets
  - Calf pumps
  - Glut sets
5. Physical Therapy: Not until 4-6 weeks post-op

## **HYGIENE:**

1. TED Hose for **3 weeks**
2. **Keep all dressings on, in place, clean and dry until 1st follow-up visit**
3. **NO SHOWERS until 1st follow-up visit**
4. No tub baths, swimming pools, hot tubs for 3 weeks following surgery

**\*\*\*If it is after business hours and you need immediate assistance, please call 855-NH-SPORT and ask to speak with the Sports Medicine Fellow on call.**

## **MEDICATIONS:**

1. Percocet (5/325) -> 1-2 tablets daily by mouth every 4-6 hours as needed for pain
2. Senekot-S -> 1 tablet daily while taking narcotics (OTC)
3. Antibiotic (one of the following):
  - Keflex 500mg -> 1 tablet by mouth 4 times/day x 5 days
  - Clindamycin 300mg -> 1 tablet by mouth 4 times/day x 5 days
4. Blood thinner (one of the following):

- Aspirin 325mg -> 1 tablet daily for 21 days
  
- Lovenox 40mg Injections -> 1 (self-administered) injection daily for 21 days
  
- Lovenox is only used in certain patients:
  - Those with a history of blood clots or bleeding disorders, smokers, those females taking estrogen birth control or estrogen hormones

#### **NORMAL SENSATIONS AND FINDINGS AFTER SURGERY:**

1. Hip swelling, soreness and/or warmth for up to 2 weeks
2. Small amounts of bloody drainage
3. Numbness around the incisions and groin (this is temporary)
4. Bruising around the hip
5. Thigh and leg swelling, including your ankle – if this occurs, elevate your leg above your heart and apply ice to swollen areas
6. Low-grade temperature (less than 101.5 degrees) – if this occurs, drink plenty of fluids, cough and deep breathe (take 10 breaths, and on the last one, hold for a second then forcefully cough a few times). A low-grade temp can be normal for the first week after surgery
7. Small amounts of redness in the areas where the stitches are
8. Low back discomfort...apply ice or a heating pad as needed

#### **\*\*\*NOTIFY OUR OFFICE IMMEDIATELY AT 855-NH-SPORT IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR:**

1. Chest pain or shortness of breath
2. Change is noted to your incision (i.e. increased redness or drainage)
3. Sharp pains in the back of your hip, thigh, or calf
4. Temperature greater than 101.5 degrees
5. Fever, chills, nausea, vomiting or diarrhea
6. Stitches loosen or fall out and incisions open up
7. Thick, foul-smelling drainage (yellow or greenish)
8. Increased pain which is not relieved by medications or other measures mentioned above

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