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POST-OPERATIVE EDUCATION: PROXIMAL HAMSTRING REPAIR

WEIGHT BEARING & BRACE:

Crutches should be used following surgery. During this time you will use a specialized brace to hold your operative leg up toward your back side EVERY TIME you are walking. You will use this brace up to 4 weeks. You do not have to sleep in the brace. You should NEVER bear weight with the leg that was operated on. Your surgeon will discuss further advancement of weight-bearing status at your follow-up visits. We DO want you to be up and around at home as much as possible after surgery.

MOVING YOUR HIP:

It is OK for you to start moving your hip gently right away. You should not push past the points of pain, and should not bend at the waist past 60° (a “slouching” or “laying back” position).

LEG EXERCISES:

Your surgeon will discuss physical therapy at your post-operative visits. This usually begins several weeks after your procedure.

ICE:

Please note that with the dressings placed during surgery, you may notice decreased benefit from the ice. Use as needed and if you notice benefit. Ice is most helpful in the first 3 days after surgery, but can help up to 2 weeks after surgery. We do not recommend that you use heat, as this can increase swelling.

If you chose to purchase a commercial ice machine, please use it according to manufacturer’s recommendations. If you chose not to purchase an ice machine, you may use a commercially available ice bag or fill a large plastic bag with ice and water. (Do not place a plastic bag directly on your skin, rather place a towel on your knee in between your skin and the ice bag.) You can ice your knee 20 minutes on and 20 minutes off throughout the day. Do not ice an area longer than 30 minutes at a time, as this can cause frost bite.

BANDAGES:

If an *Aquacel* bandage was placed on your hamstring it is intended to remain in place up to 7-14 days. If the dressing becomes compromised, it is OK to remove it as early as 3 days following the surgery. If a *Prineo* mesh dressing was placed, it will be removed in clinic at your post-operative visit. It is OK to get both dressings (or the incision) wet in the shower, but it is very important not to soak underwater (no bath, pool, hot tub etc...) for 3 weeks. Simply let the soapy water run over the dressing and gently pat dry with a towel. Do not place any lotion or other ointment around your incisions.

MEDICATIONS:

Required Medications:

Blood Thinner: You will be prescribed a blood thinner (Ecotrin – stomach-protective aspirin, Lovenox – by injection, or Eliquis) to be taken for prevention of blood clots. These will be used for 2-6 weeks.

Additional medications:

Narcotic pain medicine (such as Percocet – oxycodone or Norco – hydrocodone): Take this AS NEEDED only. Start with Percocet (stronger) if given a prescription for multiple narcotics. Transition to Norco (less potent) as your pain improves. You may stop narcotics whenever you can tolerate the pain. Do not take additional Tylenol (also called acetaminophen) with these medicines, as they already have Tylenol in them. You may SUBSTITUTE Tylenol for a narcotic pill if you choose to. Be certain that you do not exceed the maximum Tylenol dose on the Tylenol bottle.

Stool softener: Pain medicines often cause constipation. It is best to take this medicine when you start taking narcotics and before you have a problem.

Zofran (ondansetron): You may take this medication if you are having nausea or vomiting.

Robaxin (methocarbamol): This muscle relaxer may help with spasms experienced commonly after hip surgery.

You may also use **SCDs** (sequential compression devices) following surgery. These squeeze your legs, and are further protection against blood clots. Compression stockings should be worn for 3 days, with short breaks.

FOLLOW-UP APPOINTMENTS:

You should have a **follow-up appointment** with your surgeon in about 2 weeks. You may also have an additional visit with the Physician's Assistant within a few days of your surgery. Call (480) 964-2908 right away if you do not have an appointment already scheduled. We will check your incisions and remove any sutures at the 2-week visit. We will also answer any specific questions you may have about your surgery. You should start Physical Therapy as directed (commonly approximately 2 weeks following surgery), unless other instructions were given.

CALL OUR OFFICE at (480) 964-2908 with any urgent or emergent questions or concerns that you may have, or if you develop swelling in your leg with calf pain, swelling that will not go away when you elevate your leg, a temperature above 101.4, or drainage from your incisions.

If you experience high fever (above 102.5), chest pain, difficulty breathing, fainting: go to an **Emergency Department** close to your house.