

Post-Operative Instructions: Proximal Hamstring Repair

You are recovering from hamstring surgery. The following information is to help make your recovery as smooth and rapid as possible.

- 1) Keep your hip elevated as much as possible. Elevate your operative leg for the first 2-3 days so your knee is higher than your heart whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain. Use your cold therapy unit or ice as directed until you are seen in the office.
- 2) You may remove your dressing after 10-14 hours. You can shower over the incision. Keep the wounds otherwise dry until your first visit after surgery.
- 3) Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
- 4) You may place up to 25% of weight on your leg WITH CRUTCHES AND YOUR BRACE LOCKED IN FLEXION. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe.
- 5) Keep your brace on at all times, locked in full flexion, for both ambulation and sleeping. You can begin to remove it at night typically 4-6 weeks after surgery, but it will stay on for all ambulation for 6 weeks.
- 6) Your post-operative therapy begins on the day of surgery. You can move your knee 45-90 degrees in the the brace ONLY AT REST. You can work on range of motion of your knee several times each day.

- 7) Initially you should perform ankle pumps (up and down motion), thigh isometric contractions, and knee range of motion exercises. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.

- 8) Post-operative pain is common, but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.

- 9) If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office.

- 10) Do not drive until you feel completely safe and able to handle the vehicle. You should not drive while taking prescription pain medications.

- 11) You will be seen in the office 10-14 days after surgery for follow-up. If you have any questions or concerns, please call us.