



Proximal Hamstring Repair Post-operative Orders

Dr. Abigail Hamilton, MD

You received a block and light sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

Diet:

- Eat your usual diet. Start with something light like soup or crackers.

Activity:

- For the first 48 hours after surgery keep your leg elevated above the level of your heart as much as possible. Keep ice packs on your knee continuously during this time. Only get up to walk for going to the bathroom, sitting at the table to eat, and going to bed.
- You should only touch-down weight bearing on your operative leg for the first two weeks after surgery. Use your crutches at all times.
- You will use your knee brace for up to 6 weeks after surgery. This should be worn any time you are up walking or putting weight on your leg to help prevent falling. It may come off if you are resting on a couch/bed or especially when icing the knee. Please wear it at night to bed for 6 weeks after surgery. This is so your knee will be straight in the morning making it easier for you to rehabilitate.
- You will not be able to bend your knee past 90 degrees for six weeks after surgery.
- Start ankle pumps and quad sets immediately after surgery and then advance activities as directed by physical therapy.
- Do not put a pillow under your knee. This will keep your knee flexed making it harder to achieve full extension. You may put pillows under your calf.

Medications:

- Resume all of your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed.
 - If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain.
 - If you are prescribed Percocet or Norco, these medications already contain Tylenol, and you should not take Tylenol while you are taking these medications.
- We will refill short acting narcotic pain medications as needed. Please call our office at 520-784-6211 if you need a refill and call when you have 10-15 pills left.
- Taking an anti-inflammatory medication (NSAID) is recommended as long as you have no medical contraindication to do so. These include ibuprofen, motrin, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over-the-counter medication.
- Zofran (ondansetron) - take 1 tablet every 6 hours as needed. This is medication can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.
- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the counter stool softener while taking these medications (Colace, sennakot).

Wound Care:

- Leave the dressings on your knee until 2 days after your surgery. You may then remove the bulky ACE bandage.
- You may get some bleeding through your dressing immediately after your surgery. This is very normal and nothing to be alarmed about. Simply reinforce your dressing if this happens.
- There are some small white paper tapes over your wounds (Steri-strips). Leave these in place until your follow-up appointment.
- You may shower over your wound the day you remove all the dressings. Do not scrub it- just let the water run over it and gently pat it dry.

Physical Therapy:

- Make sure you have an appointment with a physical therapist. If you do not, please call your desired physical therapy location and get in as soon as possible. You should be seen within 5 days of your surgery if possible. You will receive a PT referral in your discharge paperwork. If this becomes, misplaced, please contact our office at 520-784-6211 to have the referral and protocol to be faxed to your desired location.

- Continue the exercises the therapist gives you at home.

Follow-Up:

Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 520-784-6211 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.

Driving (If applicable):

- You may not drive while taking narcotic pain medications during the day.
- If you had surgery on your left leg and have automatic transmission, you may return to driving once you can comfortably position the leg in the car and are off your pain medications during the daytime.
- If you had surgery on your right leg, we recommend you do not drive for 4 weeks after surgery, or until you feel you could easily put necessary pressure to break quickly.

Please call the office between 8:00 am – 5:00 pm at 520-784-6211, or the After-Hours Clinic at 520-784-6441, if you experience any of the following:

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

*** Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.***

Tucson Orthopaedic Institute

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