

## Ronak M. Patel, MD

# Proximal Hamstring Repair Post-Operative Instructions

Please bring all post-operative DME to the surgical facility the day of surgery (this includes all crutches, braces, slings, polar care machines, etc.)

### Diet

- You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

### Wound Care

- **Leave your dressing completely intact until seen at your first postoperative visit.**
- Do NOT let your dressing get wet while washing up at home.
- Do not submerge your surgical leg or soak in a hot tub, swimming pool, or bath until your incisions have completely healed in approximately 4 weeks.
- Do not put any lotions or antibiotic ointments over the incisions until they are completely closed.
- Sutures/Staples will be removed at your first post-op visit.

### DVT Prevention

- You must wear your white TED hose compressive stocking for 4 weeks after surgery or until cleared by Dr. Patel. This stocking reduces swelling which improves healing and helps prevent blood clots.
- Please perform ankle pumps as this will help prevent blood clots.
- **Sometimes we have to prescribe a blood thinner to help prevent blood clots. Given your medical history, surgery and activity level:**
  - **You are recommended to take one 81mg / 325mg Aspirin once / twice daily by mouth. Do not take Aspirin at the same time as NSAID medications.**  
STOP THE ASPIRIN: If you have any stomach irritation, bleeding in your stool or you start vomiting blood. Contact Dr. Patel's office.
  - **You are recommended to take Xarelto 10mg daily by mouth. Do not take NSAIDs at the same time as Xarelto.**
  - **Other:** \_\_\_\_\_

**You do not need to take any additional medications**

**Start medication 12 hours after surgery.**

**Duration of anticoagulant medication: 2 4 6 (circle one) weeks**

- If you are traveling after surgery, please let us know – we advise you to wait at least 1 week between travel and surgery. General tips for preventing blood clots when traveling after surgery:
  1. Get up on the plane to crutch/walk every hour or if driving stop every 1-2 hours to get up and walk
  2. Stay hydrated. Avoid alcohol and caffeine.

3. Wear your leg stockings
4. Take 325mg of Aspirin (unless allergic or have stomach or kidney problems) the day before travel, the day of travel and the day after travel
5. Do your exercises during travel especially ankle pumps
6. If you experience swelling in your calf or pain please call our office immediately or go to your local ED for evaluation

### **Post-operative Activity and Weight Bearing**

- Rest as much as possible the first day or so after surgery.
- You **MUST** have **ASSISTANCE** when **GETTING UP** or ambulating/**WALKING** including using the bathroom for 24 hours after surgery.
- Knee brace at all times locked with knee flexed (bent) to 90 degrees - except for showering (must be seated in shower).
- **NO** Active knee motion - bending or straightening your knee. Hip flexion is okay.
- Non-weight bearing in knee brace using crutches for 4-6 weeks
- Perform ankle pumps, quad sets (tighten thigh muscle hold for 5 second), Gluteal sets (tighten buttocks muscle for 5 second hold). Perform 20 repetitions at least 2-3 times/day.
  - Start the day after surgery

### **Cold Therapy**

- Ice should be used to help reduce pain and swelling. Ice as often as possible the first 3 days after surgery, alternating 20 minutes on with 20 minutes off during the day. After that, you should apply ice at least 3 to 5 times a day for 20 minutes each session until pain and swelling have resolved.
- When icing after your surgical dressing has been removed, do not put ice directly over healing skin. Use of a thin cloth barrier between the skin and ice is recommended.
- If you have an ice therapy device, set the device to 40-50 degrees F if possible— some machines do not have this setting. It can be used **continuously at night**.
- Usage of an ice therapy device is at your own risk. Please make sure to read all instructions prior to purchasing one or using one. If you would like to purchase one you may do so online at Amazon.com and search “Cryotherapy”.

### **Pain Medication**

- Take your pain medication as prescribed. This usually means 1 tablet every for 4 hours for mild pain or 2 tablets every 4-6 hours for severe pain. Do not take any additional Tylenol.
- You can also use over-the-counter non-steroidal anti-inflammatory drugs (NSAIDS) once you are eating well. They will help reduce pain, swelling, and stiffness.
  - Recommended: Aleve, 1 to 2 tablets every 12 hours; or Ibuprofen, 400 to 800 mg every 6 to 8 hours. Eat something prior to taking the medication. If you develop stomach burning or severe GI upset, discontinue the medication.
  - **\*Do not take NSAIDS if you have a history of kidney, liver, or stomach ulcer disease, or bleeding disorders, or if you are taking Celebrex, Bextra, or blood thinners like Coumadin.**

- The pain medication may also cause constipation if you take it regularly, so take the prescribed stool softener as needed. Over the counter treatments include: stool softener, fiber bar, Metamucil or prune juice to prevent constipation.
- No driving while taking any narcotic pain medication.
- The pain medication may cause some nausea so take it with some food.

**Your prescriptions will be sent electronically to your pharmacy today. Please pick up prescriptions prior to the day of surgery.**

### **Nerve Blocks for Anesthesia**

If you had a nerve block this can last approximately 12-24 hours, sometimes longer. You may notice tingling on occasion after the block wears off. This usually resolves in several days, but if it persists please call the office.

As you begin to regain your sensation, take your pain medication before the block wears completely off. This will help you prevent getting behind on pain control.

### **Notify the Office if you Experience the Following**

- Flu-like symptoms, nausea/vomiting, temperature of 101.5 degrees or higher, severe chills; foul odor, redness, or increased tenderness or drainage from the incision. These are signs of a possible infection. You may need to report to an Emergency Room.
- Hot tender area or unusually large amounts of swelling in either calf or other area of the leg; chest pain, shortness of breath or coughing up blood. These are signs of a possible blood clot and you may need to report to an Emergency Room or call an ambulance.
- Progressively worsening pain unresponsive to pain medication, blue toes, and persistent numbness and tingling in your toes may indicate Compartment Syndrome. Loosen any dressing, elevate the extremity and call the office, if during normal business hours or go to the nearest emergency room.
- **For urgent problems** that occur during office hours (office hours, Monday - Friday, 8:00 am to 5:00 pm), call Dr. Patel's office directly (630) 920-2350 or report to an emergency room. After hours, call (630) 920-2350 or report to an emergency room.

### **Follow-up**

- If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 10-17 days after surgery at (630) 920-2350.
- You should have a scheduled post-surgical physical therapy appointment that you made prior to surgery. If not, call (630) 655-8785 to schedule therapy within 7 days of surgery if insurance allows. Please bring the physical therapy order form included in this packet to your initial appointment.

**The previous instructions will help you know what to expect in the days following your surgery. However, do not hesitate to call if you have any questions or concerns.**