

POSTOPERATIVE INSTRUCTIONS

PROXIMAL HAMSTRING REPAIR

DIET

- Begin with clear liquids and light foods (jello, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Leave the bulky surgical bandage on and DO NOT shower for 48 hours.
- After 48 hours, remove bandages and gauze, but LEAVE STERI-STRIPS (white tape) in place.
 - You may shower at this point.
- Cover incision sites with waterproof bandage prior to getting into the shower.
- If incisions accidentally get wet, DO NOT SCRUB – gently pat them dry with a clean towel.
- It is normal to see a lot of blood-tinged soaked fluid on the bandages. It may appear to be a pinkish-yellow fluid and is normal.
- In between showers, leave the incision sites open to air.
- DO NOT APPLY **LOTIONS** OR OINTMENTS TO THE INCISION SITES.
- Your stitches will be removed at your first post-op visit.
 - You may shower at this point without waterproof bandages over the incision sites.
 - DO NOT scrub the incision sites – you may let soap and water run down the incisions and pat dry with a towel once you're done.
- Do not soak in any pool/bath water until 4 weeks after surgery.

BRACE

- You will get a brace on surgery day.
- Over the first few days, concentrate on icing the incision area and wear the brace when you are up and about.
- The brace should be worn until you are off the crutches
- You do NOT need to wear the brace while showering or using the bathroom

GENERAL ACTIVITY LEVELS

- Laying around too much will make you stiff, so feel free to move around your home as you can tolerate.
- It is beneficial to change positions often after hip surgery. Alternate sitting, reclining, and lying down as much as you can tolerate.
 - We recommend you get moving once every 30 minutes to prevent stiffness.
 - Do not stay in a seated position for longer than 30 minutes
 - If you need a work note to leave your desk/workspace, we can provide one.
 - Spend 2 – 3 hours per day on your stomach (you can take the brace off for this).

ICE THERAPY

- Begin icing immediately after surgery.
- Use icing machine for up to 20 minutes out of every hour until your first post-op visit.
- If you do not purchase an ice machine, please use ice packs to ice the surgical site. Ice packs can be applied for up to 20 minutes out of every hour until your first post-op visit.
- If braced, loosen brace to avoid added pressure.

PHYSICAL THERAPY

- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- Physical therapy should start ideally 7 days post-op
- Please bring your prescription for therapy and physical therapy protocol (provided on surgery day and also on the website) to your first appointment (in your case it would be to you pre-operative appointment).
- On the first visit to your therapist you should expect to:
 - Be taught proper weight bearing technique
 - Proper utilization of your crutches
 - Passive range of motion exercises
 - Isometric exercises to be done at home

WEIGHTBEARING

- Walk with your toe touch weight bearing with use of a hinged knee brace locked at 45°.
- Keep the brace locked at 45 degrees until 6 weeks post-op.
- Once you are 6 weeks post-op, you may begin to progress your weight bearing slowly as directed by your physical therapist to full weight bearing, as long as your pain is not increasing while walking.
- The first step is unlocking the knee brace, then progressing weight bearing gradually.
- Getting off of the crutches takes all patients a different amount of time Take your time and don't try to rush yourself to get off of the crutches.

MEDICATIONS

- Aspirin
 - This medication is to help prevent blood clots after surgery.
 - Take one 325 mg tablet twice per day with food for 30 days.
- Colace (Docusate Sodium)
 - This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
 - Take 1 pill in the morning and 1 in the evening to prevent constipation
 - It is normal to take several days to make a bowel movement after surgery
 - Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.
- Hydrocodone/Acetaminophen (Norco)
 - This is a narcotic medication for pain.
 - This medication is to be taken only AS NEEDED.
 - Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hours for the first 2-3 days.

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- After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
- DO NOT exceed 4,000 mg of Acetaminophen in a 24-hour period.
- DO NOT drive, drink alcohol, or take Acetaminophen (Tylenol) WHILE taking this medication.
- Zofran (Ondansetron)
 - This is an anti-nausea medication.
 - It is a dissolving tablet – place it on your tongue, allow it to dissolve, and swallow.
 - Take this as needed every 4-6 hours for the first 2 days after surgery.
- Ibuprofen (i.e. Advil/Motrin) – over the counter
 - As long as you have no personal history of adverse response to anti-inflammatories, use an over-the-counter anti-inflammatory such as **Ibuprofen (i.e. Advil/Motrin) 600-800 mg as frequently as every 8 hours** with food to help swelling and pain in addition to the prescribed pain medication.

FOLLOW-UP CARE/QUESTIONS

- Dr. Juhan will call you (typically on your first day after surgery) to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call the office at **408-293-7767**
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling at **408-293-7767**.
- For any other questions or concerns please contact Dr. Juhan via email (tjuhan@goldenstateortho.com) at the office (**408-293-7767**)

****EMERGENCIES****

Contact Dr. Juhan at the office (**408-293-7767**) or by email (tjuhan@goldenstateortho.com) if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions
- Color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

Proceed to the nearest emergency room if you have an emergency that requires immediate attention