

POSTOPERATIVE INSTRUCTIONS - PROXIMAL HAMSTRING REPAIR

- Touch down weight bearing (50%), wean off crutches at 6 weeks
- @ 2 weeks begin PT for ROM → 4wks light strength

MOVEMENT AND PHYSICAL THERAPY

For the first 6 weeks you will be partial weight bearing (50%) with the use of crutches. **Always use crutches while walking.** We want you to avoid stretching the hamstring during this period. **Always bend your knees when bending at the waist in order to protect the repair.**

ICE

Use ice to help decrease swelling and pain after your surgery. May use at intervals of 20 minutes ON with at least 30 minutes OFF. Do not use ice while you are sleeping.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. hip). If an injection of local anesthesia was injected into your wound, this will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Norco, Percocet, etc.) immediately when you begin to have pain. This will prevent you from having severe pain. Take the pain medication as needed, every 4-6 hours.

One day after your surgery, you can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication.

DRESSING/BANDAGES

Keep your dressing clean and dry. You may remove the dressing 3 days after surgery. Please place waterproof band-aids over the incision sites. It is okay to shower 3 days after surgery – keep incisions clean and dry. No submerging in bathtub or hot tub.

DRIVING

You may not drive with your operative leg until advised by physician.

APPOINTMENT

Your post-operative visit should be scheduled 7-10 days after surgery. At that visit your stitches will be removed if necessary and you will be given a prescription for physical therapy (start at 2 weeks).