# Text  Description automatically generatedText  Description automatically generatedPost-Operative Instructions – Hamstring Repair

# WOUND CARE:

# Leave the bulky surgical bandage on and DO NOT shower for 72 hours.

# After 72 hours, remove bandages and gauze. If Steri-Strips (white tape) are present, leave them in place

# You may shower at this point. Shower with assistance or using a shower chair.

# Cover incision sites with waterproof bandage prior to getting into the shower.

# Should the incisions accidentally get wet, pat them dry with a clean towel. DO NOT SCRUB.

# Keep incisions dry, open, and exposed to air

# Wear loose fitting clothing while the incisions are healing

# It is normal to see a lot of blood-tinged, soaked fluid on the bandages.

# This may appear to be a pinkish-yellow fluid and is normal.

# In between showers, allow incision sites to air dry. Cover incisions when using the toilet if possible.

# 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.

# SEAT PADDING:

# Sitting pain can be a challenge after hamstring repair

# We recommend obtaining a “donut” cushion to take pressure off the surgical site when seated.

# If possible, spend a portion of the day or night in a prone position (on your stomach) to give the wound a break from constant pressure.

# A padded toilet seat may be helpful for the first 4-6 weeks.

# PRESCRIPTION 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.

# We highly recommend having prune juice on hand to help assist with bowel movements.

# If you have not had a bowel movement in 3-4 days, you may add milk of magnesia or miralax

# Hydrocodone/Acetaminophen (Norco):

# This is a narcotic medication for pain.

# This medication is to be taken AS NEEDED.

# Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 2-3 days

# 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. Each Norco tablet contains 325mg of Acetaminophen.

# Do not drive, drink alcohol, or take extra Acetaminophen (Tylenol) WHILE taking this medication.

# Naproxen (Naprosyn) or Ibuprofen:

# You may have been prescribed one of these medicines to help with pain and inflammation.

# DO NOT take additional Ibuprofen, Motrin, Advil, Aleve, Naproxen, Naprosyn, Celebrex, Meloxicam or other anti-inflammatories while taking these medications.

# Take the medication with food to limit stomach irritation. If stomach irritation develops, stop the medication.

# Scopolamine patch:

# For some patients, the anesthesia team will put on a scopolamine patch behind your ear to prevent nausea.

# You can leave this in place for 72 hours.

# When you take it off, was hands thoroughly to prevent spreading the 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.

# WEIGHT BEARING

# Use crutches to take the weight off of your operative leg.

# Follow PT guidance for when to discontinue the crutches.

# BRACE

# A knee brace is typically used to take tension off of the hamstring repair. The brace is initially locked in 45 degrees of flexion and gradually straightened as the tendon heals.

# ICE

# Ice therapy can be used liberally in the first few days or weeks after surgery

# One option is regular, moldable ice packs (purchase in stores or online)

# Another option is a formal icing unit which can be purchased at medical supply stores

# Be mindful to place a layer of clothing or a towel between the ice and your skin to prevent skin injury.

# PHYSICAL THERAPY

# Physical therapy will typically start 4 weeks after surgery, but may start earlier in some scenarios.

# It is very important to follow the rehab instructions to prevent early reinjury.

# GENERAL ACTIVITY LEVELS

# It is beneficial to change positions often after hip surgery to take pressure off the wound.

# 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 at a time

# If you need a work note to get up from your desk, please let us know and we can send it in to your employer.

# Spend 2 to 3 hours per day on your stomach if possible

# Perform ankle pumps (like pushing the gas pedal) and elevate the legs to help prevent blood clots.

# FOLLOW UP

# You will need to follow up in clinic in 2-3 weeks for suture removal and wound check.

# A new physical therapy prescription may be given to you at that time.

# Please call central scheduling to make an appointment if you do not have one.

# FOLLOW-UP CARE/QUESTIONS

* Dr. Trasolini will call you (typically on your first or second day after surgery) to address any questions or concerns.
* If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling.
* For any other questions or concerns please contact Dr. Trasolini via email (ntrasoli@wakehealth.edu), at the office, or by cell phone (336-830-9274).

**\*\*EMERGENCIES\*\***

Contact Dr. Trasolini at the office or by cell if any of the following are present:

* Painful swelling or numbness, or 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
* Continuous drainage or bleeding from incision (a small amount of drainage is expected)
* Difficulty breathing or excessive nausea/vomiting

**Proceed to the nearest emergency room or call 911 if you have an emergency that requires immediate attention.**