

POST-OPERATIVE INSTRUCTIONS PROXIMAL HAMSTRING REPAIR

MEDICATION

- One of three pain medications, Norco (hydrocodone), Tramadol or Tylenol #3 will be prescribed to you. Take as instructed and as needed.
 - Pain medication may cause constipation. You may take an over the counter stool softener (Colace, Senekot, etc) to help prevent this problem.
 - You should take these medicines with food or they may nauseate you.
 - You may not drive or operate heavy equipment while on narcotics
 - Pain medication is refilled on an individual basis and only during office hours.
- Try to avoid anti-inflammatories such as Ibuprofen or Naprosyn for at least **six weeks** after surgery as this may impair tissue healing.
- Take one regular aspirin (325 mg) once a day for 21 days beginning the day after surgery unless you are allergic, have been prescribed another blood thinner or have a history of stomach ulcers.
- If prescribed Lovenox or Xarelto for prevention of blood clots, begin the day **AFTER** surgery and finish all injections or pills.
- **Resume all home medications unless otherwise instructed.**
- Call the office (713-486-7550) if you are having an adverse reaction to the medicine.

WOUND CARE

- Do not remove your dressings until instructed. This is to help keep the wounds clean and decrease the chance of infection.
- Try to avoid direction pressure over incision site when sitting.
- Dressings will be changed on your first post-operative visit and a new dressing applied. If they get **EXCESSIVELY** wet prior to this, meaning “soaked through,” contact the office.
- Until your first post-op visit, wrap the incision area, with plastic wrap to shower or bathe. Take care to avoid excessive hip bending getting in and out of a shower.
- Continue to use plastic wrap or a water proof bandage to keep incisions dry for at least 2 weeks after surgery.
- **NO** submersion of wounds (bath, hot tub, pool) is recommended for a minimum of 3 weeks after surgery.

CRUTCHES

- **Toe touch weight bearing** with your brace on the involved leg and crutches is allowed unless instructed otherwise after surgery to help with balance and stability.
- Crutches will be needed until physical therapy and Dr. Flores deem them unnecessary based on the time from surgery, the strength in the involved leg and when you can walk with a normal gait (heel to toe walking). This is typically about four to six weeks.

BRACE

- The post-operative hip brace, locked in according to degree of stress on repair, is to be worn at all times.
- It is used to help avoid flexing your hip beyond the point where your repair would be at risk.
- After your first visit, you will be instructed on nighttime use.

SLEEP

- Avoid lying flat on the side of your incision to prevent pressure on the wound.

COLD THERAPY

- Ice should be used to assist in pain and swelling. Do not apply directly to exposed skin. Elevate your leg and try to ice 20-30 minutes every 3-4 hours if possible.
- A simple bag of frozen peas may be used as an inexpensive ice pack. Buy several bags of peas, place in a gallon size zip-lock bag making them about an inch thick and removing as much air as possible. Return to freezer, lying flat when done.

BRUISING

- The lower leg may become swollen and bruised, which is normal. This is from the fluid and blood moving down the leg and should resolve in 10-14 days.
- Elevate your leg above heart level to help assist in decreasing swelling.
- **If you experience severe calf pain or swelling, call the office immediately or go to the nearest emergency room.**

EMERGENCIES

- If you have an emergency contact Dr. Flores's office at 713-486-7550.
 - Uncontrolled nausea or vomiting, reaction to medication, inability to urinate, fever greater than 101.5 (low grade fevers 1-2 days after surgery is normal), severe pain not relieved by pain medication, redness or continued drainage around incisions (a small amount is normal), calf pain or severe swelling.
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

FOLLOW UP APPOINTMENT

- Please make your first post-op visit 5-7 after surgery if not done so already.
- **If you have any questions, please call the office at 713-486-7550.**