



From the office of:

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## **POST-OPERATIVE INSTRUCTIONS PROCEDURE: PROXIMAL HAMSTRING REPAIR**

**Diet:** Begin with liquids and light foods (crackers, soup, etc.). Progress to your normal diet if you are not nauseated. You have been given a prescription for an anti-nausea medication to be taken if needed.

**Pain Medication:** You have been given a prescription for narcotic pain medicine. These types of medications can cause side effects including nausea, constipation, sedation and confusion. We recommend these only be used for 1 to 2 weeks after surgery. Do not drive while taking narcotic pain medication. An over-the-counter stool softener or laxative, such as Colace, Dulcolax, or Senokot, is recommended to prevent constipation. At any time, acetaminophen (Tylenol) may be substituted instead of your narcotic medicine and used for pain control. Do not exceed 4000 mg of acetaminophen in a 24 hour period. Do not combine with alcohol. **DO NOT** use any Non-Steroidal Anti-Inflammatory Drugs (NSAID's) such as aspirin, ibuprofen, Motrin, naproxen, or Aleve for 6 weeks after surgery.

**Response to Surgery:** It is normal to have pain and swelling in your thigh after surgery. It will take several weeks for this to go away. It is also common to notice bruising around the thigh and upper leg as the swelling resolves.

**Ice:** Keep ice on your surgical site for 30 minutes at a time, then 30 minutes off. We recommend having two ice packs. Keep the unused pack in your freezer, and rotate the packs on and off the surgical site as often as needed. Continue to use the ice as often as possible for the first 5-7 days, then as needed for pain relief.

**Wound Care:** Do not remove your surgical dressing until your follow-up appointment. It is watertight, so you may shower when you feel up to it. If you notice water has leaked into the dressing, remove it immediately and replace with a clean, dry gauze dressing.

**Brace:** Wear your brace at all times (including when sleeping). It will prevent your knee from straightening fully.

**Weight-Bearing:** Your weightbearing status is "toe touch" which means you are allowed to rest your foot on the ground while standing or ambulating, but do not shift any body weight onto the operated leg. This restriction will be lifted after 6 weeks. You will need to use crutches or a walker for that duration.

**Showering:** When you feel up to it, you may shower. Do not scrub or soak the surgical site. You may remove the brace when showering, but make sure you do not bend your hip while your knee is fully straight, as this will stretch the hamstring repair. We recommend purchasing a shower chair to facilitate safe showering.

**Exercises:** Beginning post-operative day #1, perform the following exercises.

- Ankle Pumps: While sitting, pump your ankles up and down 10 times.
- Do this at least once an hour.

**Driving:** You will be unable to drive until you are off narcotic medications and you have been allowed to discontinue your crutches. This will be approximately 6 weeks after surgery. It is important that you feel very confident in your ability to respond quickly to changing conditions before attempting to drive. Make sure you can safely get in and out of your car, as well.

**Appointment:** A follow-up appointment should be scheduled for you. If you didn't receive an appointment, or if you need to change your appointment time, please call our office at 314-523-2595.

**Problems:** If you develop severe pain, a fever greater than 101.5°, redness around the incision, thick yellow drainage from the incision, excessive bleeding, or persistent nausea and vomiting please call our office at **314-523-2595**.

Monday - Friday, 7 a.m. to 5 p.m.

Our staff will be available to answer questions

Weekends & Evenings

Our after-hours emergency exchange will be able to contact Dr. Blackman

For more information, please visit [andrewblackmanmd.com](http://andrewblackmanmd.com)

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