

Proximal Hamstring Repair Instructions

Dane Todd, MD

1. **Ice** the hip for at least 72 hours after surgery. Apply ice for 20 minutes at a time.
2. **Pain Control** – You will be sent home with a prescription for pain medication. Take it according to the instructions on the prescription. Pain can cause constipation, so be sure to drink plenty of fluids and use an over the counter stool softener (i.e. Miralax) to help prevent this. You may take Tylenol (acetaminophen) instead of the prescribed medication. However, make sure you do not take more than 3,000 milligrams (3 grams) of Tylenol (acetaminophen) in any 24 hour period. Wean off the pain medications as soon as possible after surgery.
3. **Blood Clot Prevention** – You will be given a prescription for a blood thinner to prevent blood clots following surgery (aspirin, xarelto, lovenox, or similar medication). Take it according to the instructions on the prescription. If you were previously taking a blood thinner, then resume it according to the plan which was made with your cardiologist or primary care physician.
4. **Dressings and Sutures** – Keep your dressings on until your follow up appointment. You may shower with the dressings in place. If the dressing becomes soiled or comes off: remove it and cover the incision with gauze and tape. Your sutures are beneath the skin and will dissolve.
5. **Showering** – You may shower the day after surgery. Pat your dressing dry. Do NOT take a bath or submerge your wound under water (i.e. pools, hot tub).
6. **Weight Bearing** – Use a walker or crutches at all times. You must remain Toe Touch weight bearing for 6 weeks after surgery.
7. **Range of motion** – No hip flexion past 90 degrees. Keep knee bent as much as possible to minimize stretching of the hamstring.
8. **Driving** – You may drive once you are completely off all pain medications and feel comfortable doing so. Make sure to leave yourself extra space and time to stop and avoid any sudden movements.
9. **Work** – You may return to work whenever you feel ready. It is advisable to start with half days for the first week then progress as tolerated. **If you need work notes or disability forms completed, please send them to the office to Cindy Miller's attention.** Please include when you are planning on returning to work, how long you have been off work, and what restrictions you feel are needed. There is a \$10 fee for disability and FMLA forms. Payment must be received prior to completing these forms.
10. **Physical Therapy** – You will be given a prescription for physical therapy. We do not begin physical therapy until 4 weeks after surgery. Take this prescription to a therapist near your home who takes your insurance.