



INOVA[®]

Sports Medicine

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Post-Operative Instructions Following Open Proximal Hamstring Repair

1. When do I come in for my first post-operative visit?

If an appointment has not already been scheduled, please call the office the day following surgery to schedule an appointment for approximately 10-14 days after your surgery.

2. What should I expect after surgery?

After surgery, it is normal to experience some discomfort. You should have received a prescription from the nursing staff at the hospital. Please fill the prescription and use the medication regularly as directed for the first forty-eight hours and then as needed after the second day. For minor discomfort, Tylenol may be used **instead** of the prescription medication. If you are able, you may also take NSAIDs (ie. Advil, Motrin, Aleve, Ibuprofen, etc.) **with** your prescribed medication.

A low-grade temperature (99-101 degrees F) is common. Please call the office at (703) 970-6424 if your temperature is consistently elevated over 101.5 degrees.

Try to keep the surgical leg elevated for the first two days. Your knee should be elevated above your heart. This can best be done by placing pillows under your calf.

Eat a bland diet for the first day after surgery. Progress your diet as tolerated. Constipation may occur with narcotic usage. You can try taking Colace or Miralax over the counter as directed. Please contact our office if you continue to experience constipation.

Please call our office at (703) 970-6424 immediately if you experience excessive bleeding or pus like drainage at the incision site, uncontrollable pain not relieved by the pain medication, excess swelling or redness at the incision site, a fever above 101.5° not controlled with Tylenol or Motrin, shortness of breath, calf pain, numbness/weakness in your leg or foot, or any foul odor or blistering from the incision site.

3. What should I do if I have any paperwork I need filled out?

If you have any type of Family Medical Leave Act (FMLA) or any other type of paperwork, you will need to either fax them to (571) 472-0452 or bring them to clinic. Please be advised that it takes 7-10 business days for all paperwork to be completed.

4. What effects might I notice from the anesthesia?

If you had general anesthesia, some fatigue and lethargy may be noticeable for a day or two. Occasionally, nausea may occur. Eating light foods will help. Resume your regular diet as the nausea resolves.

If you had a block as well, soreness in the area of injection is common. Ice to this area is helpful in reducing discomfort. Apply it for 15-30 minutes three times a day. The soreness should resolve by three to four days following the surgery. If, by that time, it has not resolved or it is getting worse, please call our office or call the hospital and ask for the anesthesia office.

5. What can I do to help reduce swelling and discomfort?

Limiting your activities and resting with your surgical leg elevated above your heart are the best methods of reducing swelling and discomfort. This will also help speed up your recovery. You may have an ice therapy device. If this is the case, the company's representative should have provided you with instructions on its proper use. If not, please call their office for assistance. If you cannot reach them, please call our office. Ice may also be used. This is equally effective and can be done by filling a plastic bag with ice cubes and placing it over your knee with a towel between the skin and the ice bag. Leave the ice in place for 15-30 minutes. This may be done every hour while awake.

With regard to your activity level, use common sense as your guide. Advance your daily activities as tolerated. No running, jumping or risky activities are permitted. Be careful while climbing and descending stairs. Painful activities are to be avoided. Initially, it is best to limit your activities to those that are necessary. This will help reduce your swelling and discomfort.

6. How long should I keep my surgical site dry and dressings in place?

The bandage should be kept dry and in place for 48 hours. For the first 48 hours, it is best to take baths with your knee hanging out of the tub so that the dressing may remain dry. Remove and discard your dressing on the 2nd day. It is normal to see some blood on your dressings. It is also normal for you to see apparent bruising on your skin around your knee when you remove the dressing. If present, leave the steri-strip tape across your incision(s). If you are concerned about the drainage or the appearance of your knee, please contact our office.

At this point the stitches may get wet in the shower. You should sit on a shower bench or sturdy chair in the shower for safety. DO NOT bear weight on your operative leg while the brace is off. Sit on the chair, remove the brace, shower, dry off and then put the brace back on before standing. Following your shower, pat the stitches dry and place Band-Aids over them. Do not immerse your surgical site in water (i.e. swimming, baths, or hot tubs) for the first 4 weeks after surgery.

7. Will I have an exercise program to follow?

You have been given a physical therapy prescription and my protocol. If you have not already scheduled physical therapy, please call and schedule an appointment as soon as possible. Physical therapy is an essential component to your recovery from surgery. Your physical therapy will start in 2-5 days after surgery. You may begin therapy prior to your initial follow-up appointment with me. If you have any difficulty arranging the therapy, call my office for assistance.

8. How many days should I use my cane/crutches or brace?

You may be sent home in a hinged knee brace. Your brace is set at 40 to 120 degrees of motion. You need to wear the brace for 4 weeks, LOCKED at 40 degrees when ambulating. You will need to wear this brace at all times, unless instructed otherwise. You may unlock your brace for rest or to do your exercises. You may remove the brace for showering as instructed above.

You will also have been sent home with crutches. Please use these crutches at all times unless at complete rest. You will be non-weight bearing for 4 weeks (you may touch your toes to the floor) at which point we will start to transition you to full weight bearing.

ACTIVITIES:

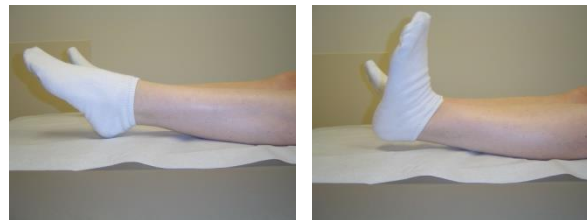
1. **Range-of-Motion** - Move your knee through range of motion as possible to prevent stiffness. To do this, lie on your stomach, remove your brace and flex your knee back and forth. **It is important not to assume the “7” position (hips flexed, knees extended straight).**



Keep stress off the hamstrings. Motion of your hip will begin after your first post-operative visit.

2. **Exercises** - These help prevent complications such as blood clotting in your legs and must be done lying down with the brace off. Point and flex your foot and wiggle your toes starting the day after your operation. Thigh muscle tightening exercises should begin the day after surgery and should be done for 10 to 15 repetitions, 3 times a day, for the first few weeks after surgery:₪

Calf Pumps: Point and flex your toes to tighten your calf muscles.



Quadriceps Isometrics (Quad Sets): Lie flat with your leg straight (out of the brace). Tighten the muscle in the front of your thigh as much as you can, pushing the back or your knee flat against the floor/bed. Hold this tight for 5 seconds then relax.

