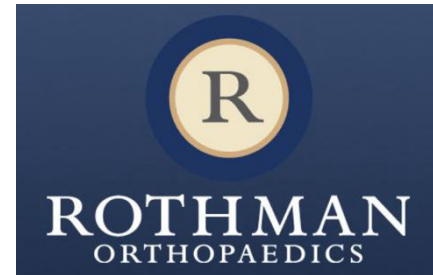


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Proximal Hamstring Repair Post-Operative Instructions

What is the recovery period like?

- Brace
 - o You will wear a long brace locked on your leg and use crutches. The brace will be on locked for 4 weeks while walking and sleeping.
- Weight bearing precautions
 - o No weight immediately after surgery. Progressive weightbearing will start in 4 weeks.
- Physical Therapy
 - o You will **start formal PT 2 weeks after surgery**. You will go 2x/week for about 3-4 months.
 - Prior to surgery, you should schedule your first appointment with PT. Please contact the office for recommended PT offices.
 - Dedication and attendance to your sessions are critical to your recovery.

INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:

- Activity
 - o Apply ice to your knee but keep the bandages dry
 - o Elevate your leg on 2-3 pillows or rolled up towels placed under the **knee** to provide comfort. This will help reduce swelling and achieve full extension of the knee. **Avoid pillows under the knee.**
 - o For the first 1-2 weeks after surgery, the **most important goal is to maintain the leg in the brace in a fixed position so the repair can heal.**
 - o No weight on surgical lower extremity.
- Bandage and Incision Care
 - o Under your brace is an adhesive dressing - leave this on. We will remove when we see you in the office. Under the adhesive bandage is Dermabond, this is a surgical glue and tape that is used in conjunction with absorbable sutures to close the incision. Do not touch the glue!
 - o Do not apply creams, ointments, or lotions to your incisions.
- Showering
 - o Although the adhesive dressing is waterproof, you should wrap the leg in saran wrap to provide an extra waterproof layer. Continue waterproofing until the incision is fully healed.

- **Do not get the incision or brace wet**, however, you must wear the brace when standing. You should use a shower chair, or if you have a bathtub-shower, you can sit in the tub. If you take a bath, keep the leg out of the bath. The leg should not be submerged.
- Driving
 - You may not drive while taking pain medication and while in the brace. In addition, if it is your right lower extremity that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the brace is removed.
- Normal sensations after surgery
 - Pain
 - Swelling and warmth up to 2 weeks
 - Small amounts of bloody drainage for first few days
 - Numbness around the incision area
 - Bruising
 - Low grade temperature less than 101.0 for up to 2 days after surgery.
 - Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - Calf pain or swelling in either leg
 - Change is noted to your incision (i.e. increased redness or drainage)
 - Temperature greater than 101.0
 - Fever, chills, nausea, vomiting or diarrhea
 - Sutures become loose or fall out and incision becomes open
 - Drainage becomes yellow, puss like or foul smelling
 - Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - Schedule for 10-14 days post-op. Please arrive 30-45 minutes early for x-rays.

PAIN MANAGEMENT

ORAL PAIN MEDICATIONS

- Tylenol 325 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
- Naproxen 500 mg
 - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
- Tramadol 50 mg
 - This is a non-narcotic pain medication used in conjunction with the Norco. You should take this medication every evening 4-6 hours as needed for pain, beginning tonight.
- Oxycodone 5 mg
 - This is a narcotic medication. Start by taking one tablet every four to six hours if the Tylenol and tramadol are not controlling your pain. You may take one to two tablets every four to six hours as needed for pain.

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.

- **OTHER MEDICATIONS**

- Aspirin 81mg
 - This medication is used to prevent blood clots. It should be taken twice a day for 4 weeks.
- Zofran (ondansetron) 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
- Pantoprazole/Omeprazole 40mg
 - This medication is to protect your stomach while you are on the Naproxen

- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours