

**Hamstring Repair**  
**Postoperative Instructions**  
**Stephanie Mayer, MD**

**MEDICATIONS:** You were given the following medications:

**PAIN**

- Oxycodone 5mg tabs; take 1-2 tabs orally every 4-6 hours **as needed** for severe pain
- Tylenol 650mg orally every 6 hours for pain

**NAUSEA/CONSTIPATION**

- Zofran 4 mg oral dissolving tabs; take one tab and dissolve under tongue every 6 hours as needed for nausea
- Senna-docusate (8.6-50) mg orally twice daily as needed for constipation. Please take as long as you are taking the Oxycodone.
- Miralax (polyethylene glycol)-Mix (available over the counter) 1 capful of powder in liquid. This may be taken 1-2 times a day, morning and/or night, in liquid like apple juice, milk, water, etc. if the patient has not had a bowel movement within 24 hours. Results usually take 12-24 hours once medication is started. This is Over The Counter.

**OTHER**

- Lovenox 40mg daily for 14 days starting post op day 1 to prevent DVT (Deep Vein Thrombosis)
- Aspirin 325mg twice daily for 30 days to prevent DVT (Deep Vein Thrombosis); **DO NOT START THIS MEDICATION UNTIL AFTER LOVENOX IS COMPLETED**
- Valium **may** be ordered if you are experiencing muscle spasms in your hip or leg. This medication should not be needed after the first week post-operative.
- Naproxen 500mg orally twice daily for one month. This medication is to prevent abnormal bone formation within the musculature. **DO NOT TAKE WITH OTHER ANTI-INFLAMMATORY MEDICINES**
- Prilosec 20mg daily while on Indocin and Naproxen; this medication is to prevent stomach ache while taking NSAIDs

**DRESSING:**

- You may change the outer dressing (clear Tegaderm and gauze) if wet or soiled. Using the dressing kit that has been provided on day of surgery.
- If the dressing is not soiled, you may change on post op day 3.

**SHOWERING:**

- You may shower 72 hours after surgery very carefully. Please keep your surgical site covered with the clear Tegaderm dressings (or saran wrap) to avoid getting your incisions wet. Please keep incision covered while showering for 7 days. After 7 days it is then okay to let water run over the incision and okay to redress after patting site dry.
- Do not soak the hip in water or go swimming in the pool or ocean until 6 weeks post-operatively or until incisions are completely closed.

**WEIGHT BEARING: WITH BRACE**

- After your hamstring repair surgery, please remain non-weight bearing (NWB) with crutches for 6 weeks.
- Please make sure knee brace is worn at all times and locked at 30 degrees when your hip is extended (when standing) and unlocked to 90 degrees when your hip is flexed (sitting position). When sleeping it can be unlocked to have range from 30-90 degrees.
- Avoid standing with your crutches for long periods of time for 6 weeks.

**DURABLE MEDICAL EQUIPMENT:**

- Please wear the SCD's that were provided to you in pre-op as much as possible for the first 2 weeks post surgery.
  - Ensure the SCD's are fully charged and sleep with them at night – **DO NOT** keep plugged in at night
- You also were provided with thigh high ted hose – white stockings – please wear for 2 weeks. You may take off for 1-2 hours per day.

**ICING:**

- Icing is very important to decrease swelling and pain and improve mobility. Please ice 6 times a day for 20 minutes at a time. Be sure to keep clothing or a towel between ice cuff and skin, as placing the ice directly on skin may cause a burn to the skin.

**ACTIVITIES/PRECAUTIONS:**

After hip surgery, it is normal to feel tired or tire easily for several weeks. You will likely need to take several weeks off of school and/or work for recovery.

- You may return to school/work on your crutches when you are off of you narcotic pain medication and when you feel that you can safely move around with your crutches. For most patients, this is about 1-2 weeks post operatively. For return to work fully, typically 8 weeks post-operatively.
- **Driving** is permitted 6-8 weeks after the surgery if you meet the following criteria:
  - ✓ You no longer take narcotic pain medications
  - ✓ You drive an automatic car. If you have a manual car, you could drive after 6 weeks.
  - ✓ You can safely get in and out of your car.
    - Please ask your physical therapist for instructions as they will help determine when you are able to drive

**Contact Information:**

If you are experiencing the following **symptoms**, please call our office at 720-872-4822 or reach out via My Health Connection.

If this occurs during evening and/or weekend please call 720-848-0000 and ask to speak to the orthopedic surgery resident on call. If life threatening please call 911.

- ❖ Fever (temperature of 101.5 degrees Fahrenheit or over)
- ❖ Redness or yellow/brown/green drainage from the surgical incision site
- ❖ Low back pain/muscle spasm that maybe due to the spinal/epidural anesthesia. Please apply a
- ❖ Persistent severe sharp pain not relieved by pain medication

- ❖ Persistent and increasing swelling and numbness of the hip/leg.

**Post-Operative Prescription Guidelines**

Should you need refills, please contact the clinic within 48 business hours (Monday-Friday 8:30am to 4:30pm). *Refills will not be authorized outside of these hours.*