



## **Hamstring Tendon Repair Post-Operative Instructions**

### **Initial Instructions**

- Ice and elevation along with pain medicine are your keys to initial pain management.
- After you arrive home, rest the remainder of the day. You may be tired or nauseated from the anesthesia and/or pain medication.
- You will be given crutches upon discharge. Use them to get around as you are NOT allowed to put weight on your leg, unless otherwise directed.
- You will likely be given a knee brace, be sure to use it as directed.

### **Dressing Change**

- Leave the dressing in place for 3-5 days following surgery, unless it gets wet.
- If dressing gets wet or dirty, remove and replace with a new dressing.
- After this, remove the dressing making sure to leave the steri-strip bandages on the incisions in place.
- You may now apply a new, clean, dry dressing at least once a day if desired. If it has been longer than 5 days, you no longer need to cover the incision.
- It is extremely important to keep the surgical site clean and dry at all times to help prevent infection.
- Signs of infection include redness, swelling, increased pain, warmth, fever (above 101.4 degrees F) and drainage from the wound. If you note any of these signs, please call the office immediately at (214) 265-3200.

### **Bathing**

- You may shower **5 days after your surgery** and get your incisions wet as long as the incision is dry and not draining. Let the water run down over the incision but do not rub or scrub it.
- If the wound is draining, then wait until they are dry before getting them wet.
- **Do not soak or submerge** the surgical site until the wounds are completely healed (typically 4-6 weeks after surgery).

### **Activity**

- Rest and elevate your leg for the first 24 hours.
- Use a pillow under your knee for comfort
- Use your crutches while walking. You may NOT put any weight on your leg, unless otherwise instructed
- Wear your knee brace
- Do not push off with your heel when lying in bed. This usually happens when you are trying to reposition yourself or trying to get out of bed. This puts extra pressure on your hamstring repair

- You will be discharged with a physical therapy prescription and a physical therapy protocol. The protocol is a description for you and your physical therapist that details all of your restrictions and activities through your entire recovery. Please be sure to give this to your physical therapist.
- **Please arrange your post-operative physical therapy appointment.** Our office can help you with this if needed. They will guide you in exercises to perform while in the clinic and at home.
- Avoid long periods of sitting without the leg elevated, or long distance travel for **2 weeks**

## Bracing

- You will be put in a hinged knee brace after surgery. This may not seem to make sense since the surgery was not on your knee, but it is to ensure that you do not straighten your knee which would put extra pressure on your newly repaired hamstring tendon.
- You are to remain in the brace **at all times except to shower** until instructed otherwise by your therapist or physician.
- The brace will be set around 40 degrees which will prevent you from straightening your leg. The range of motion settings should not be adjusted unless you are instructed to do so.

## Ted Stockings

- These compressive stockings/socks are to be worn for 2 weeks after surgery
- They aid in the control of lower extremity swelling and decrease the chance of blood clot formation
- You may remove for hygiene, but should be worn at all other times

## Ice Therapy

- Icing is very important to decrease swelling and pain and improve mobility.
- Use ice about 3-4 times a day, 15-20 minutes each time.
- Be sure to keep clothing or a towel between ice and skin, as placing the ice directly on skin may cause frostbite. **DO NOT PLACE DIRECTLY ON SKIN.**

## Medications

- You will be given a narcotic pain medication. This should be taken as needed every 4-6 hours for pain. Take with a little food.
- Narcotic pain medications **will not alleviate all of your discomfort**
- **Ice and elevation** will aide in additional pain control
- Take medications as prescribed
- **Do not mix narcotics with alcohol**
- Common side effects of narcotic pain medications include
  - Nausea- Take medication with food. If prescribed you may use anti-nausea medication. If nausea persists, call the office to consider having the medication changed.
  - Drowsiness
  - Constipation - We recommend purchasing an over-the-counter stool softener (such as colace) to take as directed while taking narcotics to prevent constipation. You will be given a prescription for this.
- **Do not drive a vehicle or operate heavy machinery while on narcotic pain medications**

- Narcotic medications **cannot** be called into the pharmacy. They will require a hand written prescription from the office. Please monitor the amount of pain medications you have remaining in order to not run out
- **Narcotics and pain medications will not be refilled on weekends or after hours.**
- You will likely be on a blood thinner medication like Lovenox to help prevent blood clots after surgery. These are usually injections that you will give yourself once a day for 3 weeks. The nurses at the hospital will teach you how to do this before you are discharged home. The dosing and duration may change on an individual basis, but it should be reflected in the prescription that you are given.
- You will likely be given a prescription for **aspirin** to take after the Lovenox is finished. Do NOT take the aspirin during the time period you are on the Lovenox. This is typically taken only **once a day** for an addition 3 weeks or until you are allowed to put weight on your leg to help prevent blood clots. The dosing and duration may change on an individual basis, but it should be reflected in the prescription that you are given.
- We also recommend taking an anti-inflammatory if you are able to tolerate them, such as Motrin or Naproxen, unless you are taking blood thinners or instructed not to take the anti-inflammatories by your doctor. Take as directed. Take with food.

## Post-Op Office Appointment

- Your first post-operative visit should already be scheduled. If the appointment was not arranged or the time does not work for you, please contact the office at (214) 265-3200.
- You will likely see my PA Dallin Wootton at this visit
- **Your first post-operative visit should be about 10-14 days after surgery**
- Depending on the procedure plan for follow-up visits at **6 weeks, 3 months, and 6 months** after surgery.

## Emergencies or Concerns

Contact us at **(214) 265-3200** or go to the nearest emergency room **if you have any of the following:**

- Pain worsens or does not go away after pain medication is taken.
- Any abrupt change in the nature or severity of pain
- Redness or swelling in your thigh or calf that will not decrease.
- Redness around incisions
- Continuous drainage or bleeding from the incision (occasional drainage is expected)
- Difficulties moving your toes or **extreme pain when moving your toes**
- Numbness or tingling that does not go away or is getting worse
- Cold foot or color change in extremity (Please be aware that the skin prep in surgery may have an orange, brown, or blue tint)
- Develop a **fever greater than 101.5 degrees F.**
- Chest pain, shortness of breath, intractable nausea/vomiting, or anything else concerning
- If you have an emergency after office hours or on the weekend, call (214) 265-3200 to be connected to our pager service. They will contact Dr. Raynor or one of his colleagues. **Do not** call the hospital or surgery center.
- **If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

Dr. Raynor strives to take **exceptional** care of his patients. If there are any concerns, difficulties, or problems, please let him know. He wants to work with you to achieve the best possible outcomes. This is best obtained with an open line of communication.

***Wishing you a quick and successful recovery.***

**M. Brett Raynor, MD**

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