

INSTRUCTIONS FOLLOWING OPEN HAMSTRING REPAIR

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- **Dressing:** You may remove the dressing and gauze pads 48 hours after your surgery. There will still be paper strips covering your incision. Please leave these in place. These will come off over 7-10 days.
- **Bleeding:** In some instances, you may notice bleeding/oozing from the incision sites. This is nothing to be alarmed of. If you notice that it continues for longer than 24 hours, please contact our office.
- **Showering:** After the dressing is removed, you may shower normally. Make sure to pat the incision dry thoroughly. DO NOT soak in a bath tub or Jacuzzi until you are seen at your postoperative appointment and notified that it is ok to do so by your surgeon or PA. Do not apply any powders or creams to the area.
- **Crutches:** These will be provided for you pre-op and you will be trained on how to use them. After surgery, you are not to put weight on the leg for approximately 4 weeks post-op. You will be notified at your post-op visit when you can stop using your crutches. It is very important that you use your crutches until your surgeon or PA instructs you to stop.
- **Brace:** This will be provided for you pre-op and you will wake up from your surgery wearing the brace. It is extremely important that you wear your brace at all times to protect the reconstruction and do not stop wearing it until you are instructed to by your surgeon or PA.
- **Numbness/Tingling:** Both of these are common postoperatively in the operative leg and should resolve slowly over the first 12-24 hours. If they persist, please contact our office.
- **Swelling:** This is a common and expected occurrence following surgery. Use your cold therapy unit, or a large ice pack for 20 minutes every 2 hours, making sure to place a sheet or towel between the ice pack and the skin.
- **Pain Relief:** For mild to moderate pain, you may use Advil 1-2 tablet every 4-6 hours and needed (do not exceed 6 tablets in 12 hours). For severe pain, you have been provided with a stronger prescription pain medication by your surgeon or PA. Make sure to take this medication with food and water to help prevent nausea and constipation. Do not drink alcohol, drive, or operate machinery while taking this medication.
- **Diet:** Following surgery, you may resume your regular diet, as tolerated. Make sure to drink larger quantities of water to flush the anesthesia drugs from your system, and eat high quality nutritious foods to provide your body with the energy it needs begin the healing process.
- **Nausea & Vomiting:** Although rare, both may occur after any surgical procedure. If you have had these reactions to anesthesia before, please make the anesthesiologist aware and they will do their best to prevent this. If these persist for more than 24 hours postoperative, please call our office.
- **Drowsiness:** This may persist for several days postoperative and should be no cause for concern.
- **Physical Therapy:** We would like you to start 4 weeks after your surgery date. Please call your PT office to set up your 1st appointment. At your post-op, we will provide you with your PT prescription and protocol.

Commonly Asked Questions:

How long does the surgery take?

Approximately 60 minutes.

How long will I be at the surgery center/hospital?

You will be at the center 1 hour prior to surgery and stay about 1 hour after surgery, so about 3 hours total.

Do I need someone to drive me home?

Yes, you will be under the influence of some strong medications and need a responsible adult to drive you home. You may not take a bus or taxi home.

If you have any other questions, please call our office at (435) 628-9393