



DISCHARGE INSTRUCTIONS FOR PROXIMAL HAMSTRING REPAIRS

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Please reference www.ironmountainortho.com and go to patient “Resources” and then to “Instructional Videos” for some videos that may apply to your care after surgery. Please note: not all surgeries will have instructional videos to review.

ACTIVITIES:

1. Rest and relax today. Do not resume usual activities.
2. No strenuous activities. No heavy lifting, squatting, or excessive stair climbing.
3. Avoid prolonged sitting, standing or walking for the first 10 days after surgery
4. No sports, gym or work until discussed at your first postoperative visit.
5. Keep your knee brace on as set after surgery. This will usually be locked in 60 degrees of flexion. Wear the knee brace all the time except when sleeping. You may straighten the knee if you are laying down on your belly – **do this 2x daily with help so that someone can carefully lower and bend your leg for you rather than you bending it on your own.**
6. You may place your foot down on the floor, but put **NO weight** on your operative leg.
 - a. The crutches and brace should be used at all times until your first visit with Dr. Ayzenberg – further instructions regarding crutches and weight bearing will be provided at that time.
7. Please start physical therapy 7-10 days after surgery unless otherwise instructed by Dr. Ayzenberg.
 - a. This script will be provided to you at your first post-op visit at 7-10 days post-op.
 - b. It is important that you attend each session to attain the very best surgical outcome.
8. No driving while taking narcotic medications

CARE OF OPERATIVE SITE:

1. You may shower keeping the dressings dry and intact. Do not allow water to touch the incisions during the initial 48 hours after surgery. **Ensure waterproof dressing remains fully intact prior to showering.**
2. Apply the cryocuff ice machine (if obtained) or ice packs to the operative site for 48-72 hours to control swelling.
 - a. Directions regarding the use of the cryocuff have been provided to you.
 - b. Do not apply cryocuff directly to your skin.
 - c. Change the ice water in the cooler every 12 hour to keep the circulating water cold.
 - d. After the first 72 hours, the cryocuff should be used 3-4 times daily to control pain and swelling.

3. Expectations

- a. After hamstring surgery, it is normal to have swelling down to your foot and ankle.
 - b. You may reduce swelling in the foot and ankle by pumping your ankles up and down and curling your toes frequently.
 - b. Restrict activity if excessive swelling is present and elevate your leg.
 - c. Please use the white TED hose compressive stocking if it was placed in surgery for 2 weeks after surgery (if provided only) as this helps to control swelling as well as prevent blood clots. This stocking may be removed temporarily for showers or to wash the stocking.
4. Some bloody drainage on the dressings is to be anticipated after surgery.
- a. If this occurs, reinforced the dressings, or if it has been at least 2 days, you may change the dressings to gauze and skin tape (but you must then keep it dry during showers, unless you are able to buy waterproof dressings at the local pharmacy).

5. Dressing care:

- a. Keep your dressing clean and dry at all times. It is a waterproof dressing. Leave it on until you see Dr. Ayzenberg in clinic. You must keep your surgical incision clean and dry at all times. It is ok to shower 2 days after surgery. Water may wash over the wound and then pat the area dry. No water submersion (bathtubs, Jacuzzi, swimming pool) for 2 weeks after surgery. **Please ensure the dressing remains fully intact and waterproof** by having someone look at it for you before every shower and every morning.
- b. Do not apply any antiseptic ointment or medicine to the incisions.
- c. Do not swim, take tub baths, or use a whirlpool until at least 3 weeks post-operatively and cleared by your surgeon.

MEDICATIONS:

1. Resume your medications and take any prescribed medications that have been added to your medication list. Your medication list is being sent home with you.
 - a. Take your pain medication with food to avoid any nausea or vomiting.
 - b. Eat only light non-greasy foods today. Patients may experience nausea for the first 24 hours after surgery due to the anesthesia received.
 - c. Pain medication may cause constipation. If this occurs, please increase your fluid intake (prune juice). You may also try over the counter stool softeners **or** laxatives.
 - i. Stool softener: Colace twice a day as directed.
 - ii. Laxatives: Milk of Magnesia as directed. (takes several hours to work).
2. In addition to the pain medication, you may take over-the-counter non-steroidal anti-inflammatories to control your pain and swelling (unless otherwise instructed by your surgeon or primary care doctor).
 - a. **Take one Aspirin 325 mg daily for 4 weeks.**
 - b. 7 days after surgery, you may take Motrin by mouth every 8 hours with food **or** Aleve by mouth every 12 hours with food. It is OK to combine this with Tylenol **ONLY IF** you are no longer using narcotics.
 - c. If your surgeon has placed you on a prescription anti-inflammatory prior to surgery, you may take this instead of the over-the-counter Motrin/Aleve.

- d. If you are already taking blood thinners, such as Coumadin or Plavix, these medications should not be combined with non-steroidal anti-inflammatories (Advil/motrin/ibuprofen, Mobic, Aleve, Aspirin, Celebrex, Naproxen, and Voltaren). Do not take aspirin if you are currently taking a blood thinner.
- e. If taking a blood thinner prior to surgery, call your prescribing physician to see when you are to restart your medication.

ANESTHESIA:

1. Eat only light non-greasy foods today. Patients may experience nausea for the first 24 hours after surgery due to the anesthesia received.
2. You may have also received local numbing medicine around your hip – it is normal to experience numbness in that area after surgery
3. During your surgery, your operative foot was kept in a ski boot-type device with compression – it is common to experience numbness in the foot and toes from this that can even last for weeks before resolving for some patients.

POST-OP VISIT:

1. Your first post-operative visit will be 10-14 days after surgery with Dr. Ayzenberg.
2. Please call the office the day after surgery to make or confirm your appointment. The phone number is: (215) 821-7059.
3. If you experience fevers >101.5F, or calf swelling and pain, or any other unexpected symptoms, please call the office or call service immediately.

Emergency Contact

1. If experiencing a true emergency, please call 911 or go to the ER.
2. Otherwise, please call the office at 215 821 7059 during office hours.

Thank you for entrusting Dr. Ayzenberg & Iron Mountain Orthopaedic Institute with your care.