



POSTOPERATIVE INSTRUCTIONS PROXIMAL HAMSTRING REPAIR

❖ MOVEMENT AND BRACING

- After your surgery, you will be placed in a hinged hip brace that is worn around your waist and your knee. You are to wear this at all times except when bathing. You will also be provided with foam booties to wear at night; these help cushion your feet while sleeping. Please refer to the directions that come with the brace for details on how to put the foam booties on your feet.
- The hinged hip brace will be preset to limit the flexion of your hip. You may only move within this preset range of motion. Do not force the motion though because this will likely cause pain. The limits of your brace will be adjusted at your post operative office visits.

❖ ICE

- An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.

❖ MEDICATIONS

- If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. leg). Please be careful and use your brace and crutches during this time to avoid any falls after your surgery. Also, an injection of local anesthesia was injected into your hip after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed. One week after surgery you will begin taking (1) tablet of Naprosyn 500 mg twice a day, for an entire month. This will prevent bone from regrowing in the hip joint.
- A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

❖ DRESSING/BANDAGES

- Your hip dressing is waterproof. You may shower the next day after surgery at pat the dressing dry. Do not remove the dressing at any time. Your dressing will be removed once your incisions are checked at your first post-op visit.

❖ DRIVING

- You may drive 3 to 5 days after surgery if you are not taking pain medication. If your right leg is the operative side, then you must have good control of your leg in the brace prior to driving.



❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription for physical therapy.

If you have any questions or concerns, please contact our office at (310) 860-3048.