

PHYSICAL THERAPY PRESCRIPTION



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PATIENT STICKER

POST-OPERATIVE INSTRUCTIONS HAMSTRING TENDON REPAIR

DAY OF SURGERY:

1. A cold therapy device or ice will be placed on your hip and leg in the recovery room. For the first 48-72 hours following surgery, try and use these as frequently as possible (30 minutes of every hour max- 4-5 times a day should be enough) except when you go to bed. This will help reduce the swelling and minimize the pain.
2. Your brace will be applied in the operating room. You must wear the brace, locked, for 5-6 weeks when walking. You must wear the brace locked while sleeping and showering at all times. You may unlock it when doing your exercises. At your first post-op visit we will allow some hip motion making it easier to get around.
3. A therapist will show you how to use your brace. They will also instruct you in some exercises that you will begin doing tomorrow.
4. To sleep you will probably need to sleep on your back or on your side with a pillow between your legs.
5. Prescriptions for pain and anti-inflammatory medications will be given to you when you leave. We suggest you use the pain medication as you need it. You should avoid taking pain medications on an empty stomach as it will make you nauseous. Otherwise, use the pain medication ONLY as needed.

DAY 1 AND UNTIL FIRST POST-OP VISIT:

1. The cold therapy device aid in decreasing pain and swelling. Apply it for 20-30 minutes at least 4 times per day for the first few days. Then use it 2-3 times a day. You may use it more frequently if you are having continued pain and swelling.

2. Have someone change the bandages 48 hours after surgery. Re-apply a clean gauze pad over the incision daily. Do not put anything including bacitracin or ointments on or near the incisions
3. You may shower 72 hours after surgery but **Do Not** get the sutures wet. Wrap your leg with plastic wrap and secure it with tape around your thigh. If you can get Tegaderm large bandages to cover the incision when you shower it may make it easier to keep it dry. They are usually sold in the drug store or the drug store can order them for you. If your incision does get wet, pat it dry and re-apply fresh gauze.
4. Use the crutches so that you are Toe-Touch weight bearing, (meaning minimal weight on your operated leg) for the first four weeks.
5. Begin physical therapy as soon as possible according to the prescription provided.
6. Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
8. Call the clinic with any questions, and make an appointment to have your wound examined next week.

MISCELLANEOUS INFORMATION

1. There may be some bleeding and fluid leaking from the incision site. This is normal after this type of surgery. This may continue for 24-36 hours. You may change and/or reinforce the bandages as needed.
2. There will be MORE swelling on days 1-3 than there is on the day of surgery. This also is normal. The swelling will decrease with the anti-inflammatory medication and cold therapy.
3. You may develop swelling and bruising that extends from your knee down to your calf and perhaps even to your foot over the next week. Do not be alarmed. This too is normal, and it is due to gravity.
4. There may be some numbness adjacent to the incision site. This may last for 6-12 months.
5. It is also normal to develop a low-grade fever after surgery (up to 100.5°). This can last 2 days after surgery. If you have any concerns just let us know.