



Sports Medicine Specialists
of Charleston

EAST COOPER MEDICAL GROUP

Marc Haro, MD

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POSTOPERATIVE INSTRUCTIONS: PROXIMAL HAMSTRING REPAIR

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot or ankle occurs.
- It is normal for the incision site to bleed and swell following surgery – if blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing.
- Remove surgical dressing 48-72 hours post-operative– Apply clean, sterile dressing over incisions and change daily.
- Please keep steri-strips in place.
- To avoid infection, keep surgical incisions clean and dry – you may not shower until after your 1st post-operative appointment.
- **NO** immersion of the operative leg (i.e. bath, swimming pool) *If Braced it may come off to shower

MEDICATIONS

- Pain medication is injected into the wound during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle
- ***Do not drive a car or operate machinery while taking the narcotic medication***
- Primary Medication = Percocet (Oxycodone/Acetaminophen)
 - Take 1 – 2 tablets every 4 – 6 hours as needed
 - Max of 12 pills per day
 - Plan on using it for 2 to 5 days, depending on level of pain
- Do **NOT** take additional Tylenol (Acetaminophen) while taking Percocet
 - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
 - Zofran (Ondansetron) has already been called into your pharmacy for nausea if needed.
 - If constipation occurs, consider taking an over-the-counter laxative such as Colace or Miralax.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed (843-971-9350 – ask for Nicole Fava, Dr. Haro's PA)

- Ibuprofen 400-600mg (i.e.- Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

ACTIVITY

- **MUST USE CRUTCHES** to maintain touch down weight bearing.
- Do not engage in activities which increase pain/swelling (prolonged periods of standing) over the first 7-10 days following surgery.
- Avoid Hip flexion past 90°. Do not flex hip with knee straight.
- Avoid long periods of inactivity/long distance traveling for 2 weeks.
- May return to sedentary work **ONLY** or school 3-4 days after surgery, if pain is tolerable

BRACE

- Your brace should be worn in the locked position of 30-60° at all times (day and night – except for exercises) until otherwise informed by the physician.

ICE THERAPY

- Begin immediately after surgery
- Use ice packs every 2 hours for 20 minutes daily until your first post-operative visit

EXERCISE

- Discomfort and hip stiffness is normal for a few days following surgery
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon).
- Formal physical therapy (PT) will begin after your first postoperative visit. You will be given a script for this at that time.
- If you have any questions or concerns please contact Nicole Fava PA-C by email at **Nicole.fava@tenethealth.com**

****Emergencies****

- Contact Dr. Haro or Nicole Fava PA-C at (843) 971-9350 or by email **Nicole.fava@tenethealth.com** if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in wrist, hand or lower extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
- ****If you have an emergency after office hours or on the weekend, call (843) 971-9350. You will be connected to our on call service. Do NOT call East Cooper Hospital or the Surgery Center.**
- ****If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

Follow-Up Care/Questions

- Nicole Fava, PA-C (Dr. Haro's Physician Assistant) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please email Nicole.fava@tenethealth.com or call (843) 971-9350
- If you have additional questions that arise at any time, whether for Dr. Haro or Nicole, please send an email to Nicole.fava@tenethealth.com or call (843) 971-9350
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (843) 971-9350