



Edward S. Chang, MD
Board Certified Orthopedic Sports Medicine Surgeon

Post-Operative Instructions Following Proximal Hamstring Repair

Inova Orthopaedics and
Sports Medicine

OFFICE LOCATIONS

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CLINICAL NURSE

Eileen Perri, BSN
(703) 797-6918

COMFORT

1. Icing

Place crushed ice in a plastic bag over your knee for no more than 20 minutes, 3-4x/day. If you rented an ice machine, please use 20-30 minutes every 1-2 hours as needed (No Compression for the first week). You may undo the brace straps and place the wrap over your surgical site.

Place a thin towel between your skin and ice/wrap to prevent ice burns.

MEDICATIONS

1. Pain Medication

You will be prescribed a narcotic pain medication. Please take as prescribed and only as often as necessary. If you had a regional block performed, it is recommended you start taking medication when you regain sensation in your toes. Avoid alcohol and driving while on these medications.

2. Non-Steroidal Anti-Inflammatories (NSAIDs) (Over the Counter)

If you have severe pain, you may take one or two Ibuprofen (Advil or Motrin) or 1 Naproxen (Aleve) in between dosage of pain medication. Please limit the amount you use.

3. Aspirin (Prevention of Blood Clots-Over the Counter)

Take one adult aspirin (325 mg) daily for 4 weeks starting the day AFTER surgery. Please discontinue NSAIDs once you are on Aspirin. This is to help prevent blood clots after surgery.

4. Colace (Over the Counter)

Constipation following surgery is common. You may take a stool softener such as Colace. If constipation lasts more than 3 days, you may take over the counter laxatives such as Milk of Magnesia, Bisacodyl, or Miralax). If symptoms persist, please contact your primary care doctor

5. Antibiotics

Please begin when you return home on the day of surgery and take as directed until the medication is gone.



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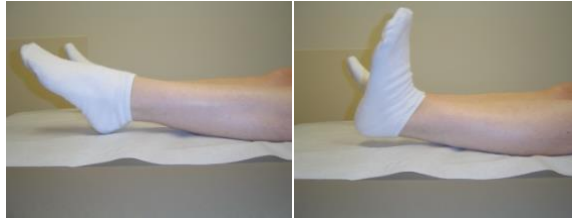
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ACTIVITIES

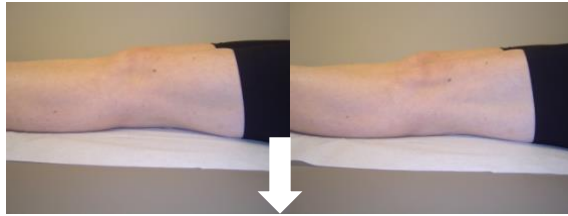
1. Exercises

These help prevent complications such as blood clotting in your legs.

Calf Pumps: Point and flex your foot and wiggle your toes starting the day of your operation.



Quadriceps Isometrics: Lie flat with your leg straight (out of the brace). Tighten the muscle in the front of your thigh as much as you can, pushing the back of your knee flat against the floor or bed. Hold this tight for 5 seconds and relax.



Knee Range of Motion

Move your knee through range of motion to prevent stiffness. To do this, lie on your stomach, remove your brace and flex your knee back and forth. **It is important NOT to assume the "7" position (hips flexed and knee extended straight).**



2. Brace

The hip brace will be locked at 0-20 degrees for approximately 4 weeks after surgery. Wear this at all times including sleep. You may remove to wash, dress and for physical therapy exercise.

3. Weight Bearing Status

You are NOT permitted to put any weight on your operative leg. Two crutches should be used until otherwise directed by Dr. Chang or your physical therapist. You may touch your foot on the floor for balance only.



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4. Physical Therapy

PT should be started **within 3-5 days** after surgery. If you have not already scheduled your physical therapy appointment, please do so as soon as possible. A rehab protocol will be provided to you today and should be given to the therapist at your first session. This paperwork provides specific guidelines from Dr. Chang for the physical therapist to follow during your rehabilitation.

5. Driving

Driving is **NOT** permitted for 6 weeks following surgery.

6. Athletic Activities

Athletics including swimming, cycling, jogging, running and stop and go sports **may not** be resumed until you are cleared by Dr. Chang.

7. Return to School or Work

Your ability to work depends on a number of factors including your level of discomfort and how demanding your job or school is. If you have any questions or concerns about working, please discuss these issues with Dr. Chang during your first post-op visit.

WOUND CARE

1. Keep the dressing clean and dry after surgery. You may remove the dressing 5 days after surgery. The Steri-Strips (small white tape that is directly on the incision areas) should be **left on** until the first office visit. Clean the area with alcohol and let dry.

If you were given another AquaCell Dressing or purchased a large waterproof dressing, please then re-apply and keep on for another 5-7 days.

2. You may shower 2-3 days after surgery. You must keep the incision **DRY**. The Aquacell dressing is waterproof and should keep your incision dry. You may sit on a shower bench or a sturdy chair/stool early on for safety.

DO NOT bear weight on your operative leg while the brace is off. Sit on the chair, remove the brace, shower, dry off and then put the brace back on before standing. Immediately apply a new dressing to cover the surgical site.

3. Baths/Soaking/Swimming should be avoided for 2 months following surgery.

EATING

Your first few meals after surgery should include light, easily digestible foods and plenty of liquids as some people experience nausea as a temporary reaction to anesthesia.



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CALL YOUR PHYSICIAN IF:

1. Pain in the back of your ankle persists or worsens in the first few days after surgery.
2. Excessive redness or drainage of cloudy or bloody material from the wounds (clear red tinted fluid and some mild drainage should be expected). New drainage of any kind 5 days after surgery should be reported.
3. You have a temperature greater than 101 F.
4. You have pain, swelling or redness in your calf.
5. You have numbness or weakness in your leg or foot.
6. You have any foul-smelling drainage from the dressing/splint.

Business Hours: Please call our clinical nurse (703) 797-6918.

After hours: You may call (703) 797-6980 during non-business hours to reach the answering service. Problems requiring immediate attention are then forwarded to the medical staff.

RETURN TO THE OFFICE

You may return to see Dr. Chang 7-10 days after your surgery. If you have not made your postoperative appointment already, please call (703) 797-6980. Please confirm the office location as Dr. Chang sees patients in multiple locations.