

Post-Operative Instructions **Proximal Hamstring Tendon Repair**

1. Remove your surgical dressing 3 days after surgery.
2. You may shower 3 days after surgery using gentle soap and water. Gently pat the incision dry after the shower. You may apply a fresh gauze dressing to the incision after the shower.
3. Please do not use bacitracin or other ointments/creams on the incision site or under the bandage.
4. Do not submerge the incision under water. No baths, no hot tubs, no pools and no swimming until the wounds are fully healed and you have received clearance by the American Hip Institute.
5. Use ice packs, at minimum, 4-6 times per day to help control pain and swelling.
 - - The ice pack may be placed on the buttock and thigh.
6. Walk with crutches at all times. **You may not place weight on the operated leg.**
7. Wear your brace(s) at all times. You must sleep with your brace(s) in place.
8. Try to avoid sitting with weight on the buttock of the operated side. It is preferable to sit or lie down on the other side. Avoid direct pressure on the incision site.
9. Begin physical therapy
 - 1-2 days after surgery
 - 2 weeks after surgery
 - 6 weeks after surgery
10. Please call the office to schedule a follow up appointment 10-14 days following surgery if you do not already have an appointment scheduled.
11. If you develop a fever (>101.5°F) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
12. Use narcotic pain medications only as needed – you may discontinue use of the pain medication once your pain is controlled with Tylenol or icing alone.
13. Do not use anti-inflammatories for 6 weeks after surgery. (No Ibuprofen, Advil, Motrin, Aleve, Excedrin, Mobic, Celebrex, etc.)

If you have any questions, please feel free to call our office at 833-USA-HIPS (833-872-4477) or by email at info@americanhipinstitute.com