

Hamstring Surgery Postoperative Instructions

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Diet

1. You may resume your regular diet. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

Wound Care & Bathing

2. Use your crutches to keep weight off your operated leg. You can gently rest your foot on the ground if needed.
3. Keep your TED hose stocking on to prevent blood clots, reduce swelling and promote good healing.
4. Keep your hip brace on as set after surgery. Wear the hip brace all the time.
5. Keep your dressing clean and dry at all times. It is a waterproof dressing. Leave it on until you see Dr Bahk in clinic. It is ok to shower 2 days after surgery because the surgical dressing is waterproof. Water may wash over the wound and then pat the area dry. No water submersion (bathtubs, Jacuzzi, swimming pool) for 2 weeks after surgery.

Pain Medication

6. Take your pain medication as prescribed. This usually means 1 tablet every for 4 hours for mild pain or 2 tablets every 4-6 hours for severe pain. You may want to take it regularly for the first 48 hours after surgery. Do not take any additional Tylenol.
7. No driving while taking any narcotic pain medication!
8. The pain medication may cause some nausea so take it with some food.
9. The pain medication may also cause constipation so if you take it regularly, take a stool softener, fiber bar, Metamucil or prune juice to prevent constipation.

Follow-up Care

10. Watch for temperature $> 101.5^{\circ}\text{F}$, persistent numbness and tingling in the foot, persistent bleeding or drainage from the wound, foul odor, progressively worsening pain unresponsive to pain medication, blue toes, chest pain or difficulty breathing. If you have any of these symptoms, call the office if during normal business hours or go to the nearest emergency room!
11. If you do not have a postoperative appointment set-up already, please call the office to schedule an appointment for 7-10 days after surgery at (805) 578-8550 x 6879 or through the appointment desk at (818) 901-6600.