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## Postop Instructions: Hip Hamstring Repair

### When You Get Home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Use Ice as much as possible:

20 minutes on/20 minutes off for ice packs/frozen peas

If you are using a cold therapy machine, use it according to the manufacturer's instructions.

### Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin/Hydrocodone, Norco, Ultram/Tramadol, Codeine) help with pain, but can cause:

Drowsiness:

Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset:

Take with food, or try over the counter Zantac or Tums.

Constipation:

Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

### Dressing and Wound Care:

You have a dressing over the back of the hip; keep it in place for 2 days.

You can change the dressing two days after surgery- place a new gauze dressing

It is important to keep it clean and dry, and not have it be contaminated when you use the toilet.

You may take a shower two days after surgery- then pat the incision dry and place a new dressing.

Use a shower chair or plastic shower chair to sit on in the shower.

No submerging in bath or pool or hot tub for two weeks.

### Activities and Restrictions:

Crutches and Brace:

You will be in a hip brace for 4 weeks, to limit the motion of the hip to allow the repair to heal.

You can remove the brace while sitting and lying down.

You must keep the brace on and use crutches while up and walking.

Weightbearing: You will use crutches or a walker for 4 weeks after surgery:

Touch Down weightbearing: Allowing foot to touch the ground, with 10% of body weight.

Driving: Only after you are SAFE, which means:

Off pain medications, and able to control a vehicle safely

It can be difficult to control a car after this hip surgery while in the brace.

### Exercises: Begin exercises immediately:

It is okay to gently move the ankle and calf. Do not contract the hamstrings forcefully.

Starting 4 weeks after surgery, Physical therapy will give you gentle exercises.

### Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or for:

Unrelenting pain, or increasing swelling or numbness or high fevers (over 101.5)

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath

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