

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

1. Remove the dressing on POD#7.
2. Walk with crutches at all times. **You may not place weight on the operated leg.**
3. 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.
4. Please do not use bacitracin or other ointments under the bandage. Use the ice machine or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the ice machine will not penetrate.
5. You may shower on post-op day #1 if the dressing is dry. Gently pat the dressing dry after showering.
7. Do not soak the hip in water or go swimming in the pool or ocean until your sutures are removed.
8. Driving is not permitted until you are off crutches and you are certain you are safe to drive.
9. Please call the office to schedule a follow-up appointment for wound check 10-14 days post-operatively, if you do not already have an appointment scheduled.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

**If you have any questions, please feel free to call our office.**