



*Dr. Dustin Woyski DO*

### **Hip Endoscopic Hamstring Repair Post-Operative Instructions**

1. The first physical therapy visit should be scheduled **3 to 5 days after surgery**. If your surgery was Friday, Monday is appropriate for your first appointment. **Please schedule physical therapy prior to surgery to ensure that you will be seen within the timeline.**

**Activity: Partial weight bearing on operative leg x 6 weeks after surgery (weight of leg only)**

**Shorten your strides while walking to prevent pulling on the repair (try not to stretch hamstrings)**

**At night/ while sleeping hinged knee brace should be worn and locked at 50 degrees to protect repair and limit hamstrings stretch. Brace does not need to be worn during the day while at home, but if around a crowd wear the brace with setting fully open.**

**Sleep in the recliner position, slightly flexed at hips and with knees bent.**

2. If oozing from surgery site occurs, and the dressing appears soaked with bloody fluid, please change the dressing as needed. This normally occurs after fluid irrigation during surgery, and will resolve within 24-36 hours.

3. Icing is very important for the first 5-7 days postoperative, and ice is applied (ice packs or ice therapy) as often as possible or at least for 20-minute periods 3-4 times per day. Ice should not be applied directly on the skin.

4. You may remove the dressing on post-op day #2.

5. Apply Band-Aids to wound sites and change them once a day. Keep the wound clean and dry.

6. Please do not use bacitracin or other ointments under the bandage.

7. Showering is allowed on post-op day #4 if the wound is dry and not draining.

8. Do not soak the hip in water in a bathtub or pool until the sutures are removed. Typically getting into a bath or pool is permitted 2 days after suture removal unless otherwise instructed by Dr. Woyski.

9. Driving is permitted in 1-2 weeks, if the narcotic pain medication is no longer being taken and you feel comfortable getting into and out of a car. Driving a manual car may take up to 3-4 weeks.

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10. Please call the office to schedule a follow-up appointment if you don't already have one for suture removal about 10-14 days after surgery.

11. The anesthetic drugs used during your surgery may cause nausea for the first 24 hours. If nausea is encountered, drink only clear liquids (i.e. Sprite or 7-up). The only solids should be dry crackers or toast. If nausea and vomiting become severe or the patient shows sign of dehydration (lack of urination) please call the office

12. If you develop a fever (101.5), redness, or yellow/brown/green drainage from the surgical incision site, please call our office to arrange for an evaluation.

13. **Below are the prescriptions that will be given to you after surgery.**

**PAIN MEDICATION:**

- Oxycodone 1 to 2 tablets by mouth every 3-4 hours as needed.
- Tylenol 1000mg by mouth every 8 hours for 3-5 days.
- Mobic 15mg 1 tablet daily for 2 weeks

**BLOOD CLOT PROPHYLAXIS:**

- Aspirin 325mg tablets. Take 1 tablet twice daily for 4 weeks to prevent blood clots.

**ANTI-NAUSEA (if applicable):**

- Zofran 4mg tablets. Take 1-2 tablets every 8 hours as needed.

**Heartburn/ Stomach Prophylaxis:**

- Omeprazole (Prilosec) 20mg tablets. Take 1 tablet every morning before breakfast for 2 weeks after surgery.

**ANTI-SPASM (if applicable):**

- Zanaflex 4mg, 1-2 tablets by mouth every 6 hours as needed.

14. You will take aspirin (325 mg) daily for 4 weeks. This may lower the risk of a blood clot developing after surgery. Should severe calf pain occur or significant swelling of calf and ankle, please call the doctor.

15. Local anesthetics (i.e. Novocaine) are put into the incision after surgery. It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is the time when swelling peaks. Taking pain medication before bedtime will assist in sleeping. It is important not to drink or drive while taking narcotic medication. You should resume your normal medications for other conditions the day after surgery.

16. You should use crutches or a walker and only put 20lbs of weight on the operative leg after you are out of the brace. Do not hold the leg off the ground. Walk with a normal gait using the crutches or walker to take the weight off of the operative leg.

17. **PRECAUTIONS:** Do not allow the leg to be in the position of having the knee extended and hip flexed as this puts excessive stretch on the repair. Also do not allow the leg to swing through too far while walking. Both of these movements put stress on your repaired hamstring.

18. **BRACE INSTRUCTIONS:** Please wear the knee brace locked at 50 degrees when sleeping. Otherwise you do not need the brace when at home. When sitting please keep the knee flexed to 90 degrees.

19. If unexpected problems occur and you need to speak to the doctor, call the office.