



## Hamstring Post-Operative Instructions

Initial recovery after knee surgery entails healing, controlling swelling and discomfort and regaining some knee motion. The following instructions are intended as a guide to help you achieve these goals until your first postoperative visit which will be 2 weeks following your surgery. **You will not begin PT until after your 2 week post operative visit.**

### Medications

The following medications have been sent to your pharmacy:

- PAIN- Hydrocodone-acetaminophen 5-325mg (Norco): Take one tablet every 4-6 hours as needed for pain.
  - Begin taking the pain medication the evening following surgery.
  - In between doses you can take 600mg ibuprofen (Advil)
  - If you continue to have pain despite alternating Norco and Ibuprofen, you may take 2 Norco every 4 hours.
- NAUSEA- Ondansetron (Zofran) 4mg every 8 hours as needed.
- BLOOD CLOT PREVENTION- Aspirin 81mg twice daily for 6 weeks.
  - Begin the morning following surgery
  - If you have a history of DVT or blood clot, contact Dr. Cancienne's office.
- CONSTIPATION- Docusate (Colace) 100mg every 12 hours as needed.
- ANTIBIOTIC- Doxycycline Monohydrate 100mg twice daily for 2 weeks
  - Begin the morning following surgery.

### Wound Care

- Keep the dressing on, clean and dry for the first 3 days after surgery.
- You can shower 3 days after surgery. Your dressing is waterproof and does not need to be removed until your follow up visit. If it begins to fall off on its own, replace with a waterproof dressing and keep the wound covered while showering.
- Tub bathing, swimming, and soaking of the shoulder should be avoided until 6 weeks following surgery.
- If there are white "steri" strips over your incisions, leave these in place until your follow up visit.
- You do not need to wipe or clean the incisions. Do not apply any ointments or get the incisions wet.



## Ice

We strongly recommend icing as much as possible for the first 2-3 weeks following surgery to better manage pain and swelling.

Ice/cold packs can be used 20 minutes on and 20 minutes off throughout the day.

Cold therapy units can be purchased through our DME office. These should be used as directed. You can use the compression option starting the day after surgery as tolerated by pain.

Please always be sure to have a layer between the ice pad and your skin. Check the skin regularly to ensure the cold is not causing injury to the skin.

## Weight bearing and brace instructions

- You are to be **toe touch weightbearing** with crutches or a walker until you see Dr Cancienne or the PAs. This means that you can place your toe down for balance but should not transfer your weight onto your operative leg.
- You should **wear your brace at all times** until your follow up visit.
- You can remove the brace to shower. You can open the straps of the brace while icing if needed.
- You must wear the brace while sleeping.
- Keep your leg in a bent position at all times.

## Return to office

Your first post-operative visit will be about 2 weeks post-surgery. If you have not made an appointment, please call 708-492-5964.

Contact the office if any of the following occur:

- Excessive redness surrounding incisions with white or yellow drainage.
- Temperature greater than 101F
- Excessive bleeding through your dressings.

## Contact information

Dr Cancienne's office

- P: 708-492-5964 F:708-409-5179
- Email: [canciennepractice@rushortho.com](mailto:canciennepractice@rushortho.com)



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#### **DME**

- Chicago - 1611 W Harrison St. Suite 103, Chicago, IL - (312) 432-2482
- Westchester - 2450 S Wolf Road Suite G, Westchester, IL - (708) 273-8426
- Galewood - 1625 N Harlem Ave. Suite 2600, Chicago, IL - (312) 432-2550
- Munster - 9200 Calumet Ave. Suite S300, Munster, IN - (708) 492-5450
- Oak Brook - 2011 York Road, Oak Brook, IL - (708) 492-5664
- Naperville - 55 Shuman Blvd Suite 178, Naperville, IL - (630) 339-2262
- Joliet - 963 129th Infantry Dr. Suite 100, Joliet, IL - (708) 492-5920