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## Hamstring Repair Instructions

1. You are non-weight bearing for the first 4 weeks after surgery with crutches. A brace will be fitted to keep your knee in flexion to relax your hamstring muscles. During this time you should not sit upright
2. The operative site should be iced ½ hour on and ½ hour off through the first day and at least 3x a day after the first initial post-operative day.
3. Pain medication will be prescribed. If your pain does not require a narcotic pain medication take Tylenol (as long as you do not have history of Tylenol allergy or a medical problem where Tylenol is contraindicated, i.e., liver disease)
4. Pain medication may be constipating. If you are prone to this may take an over the counter stool softener such as Senokot.
5. Never take NSAID's for the first two months after surgery. This includes Advil, Motrin, Naprosyn, Aleve, Mobic, etc.
6. Follow up is usually several days after surgery for a dressing change. Usually you will be able to shower as the dressings are waterproof but showering should be quick and one should be careful not to stand on the operative extremity the first 4 weeks after surgery.
7. Baby aspirin is to be taken once per day for the first 4 weeks after surgery to prevent blood clots unless other medication is prescribed by your physician for this purpose.
8. Therapy is usually expected to start 8 weeks after surgery for strengthening.
9. Strengthening exercises are not to be started until 8 weeks from the surgery.
10. Getting a raised toilet seat can help facilitate going to the bathroom after surgery.
11. Take: Vitamin C 500mg 3x/day for 4 weeks & Vitamin D 500mg/day for 4 weeks