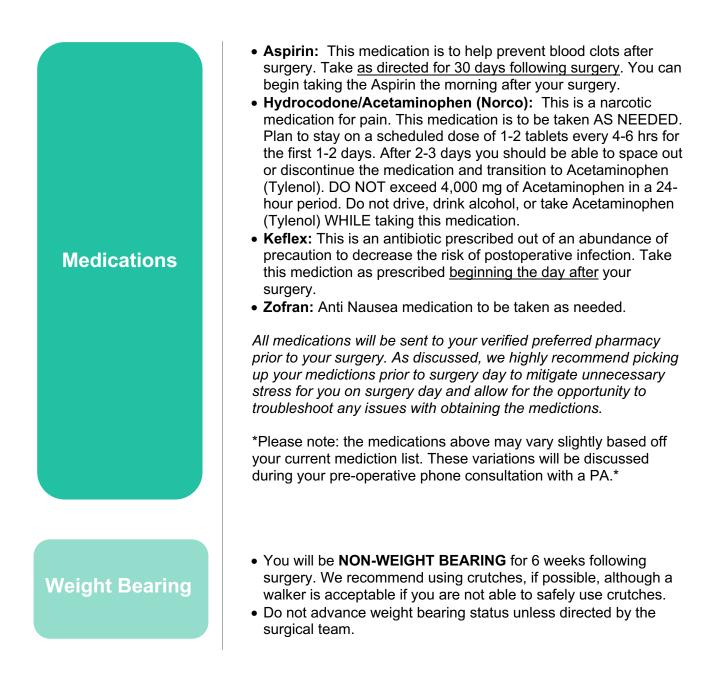


## Hamstring Tendon Repair/Reconstruction

Jorge Chahla, MD, PhD

**Post-Operative Instructions** 



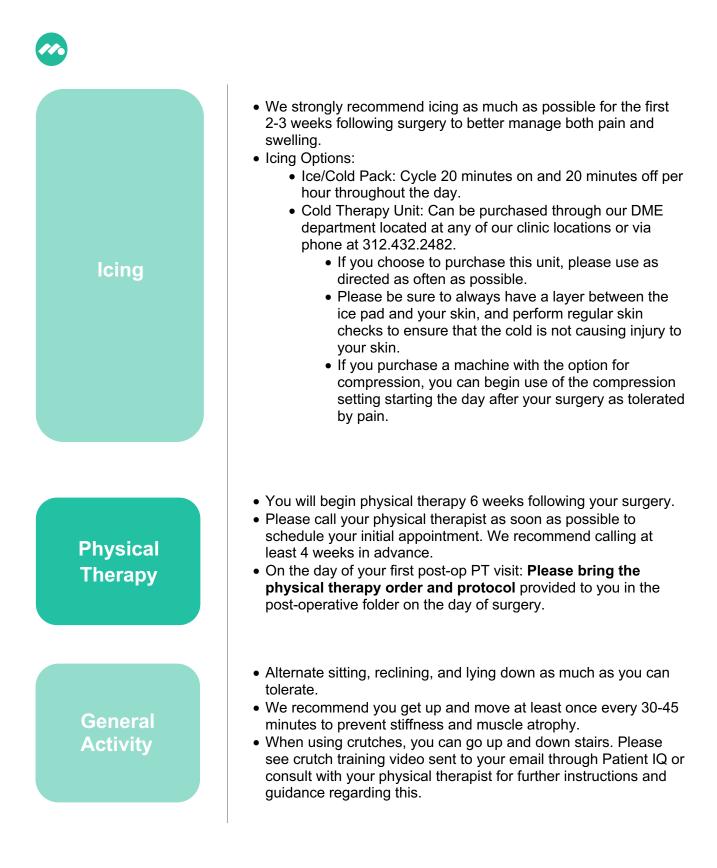
## Wound Care: Dressing

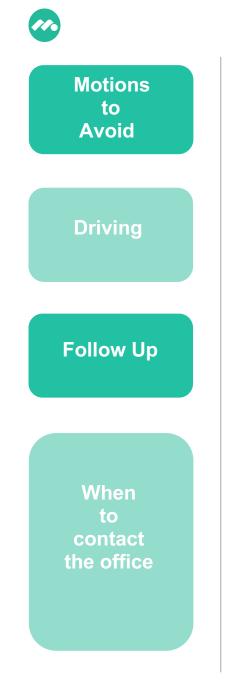
Wound Care: Showering

Brace

- Leave the waterproof outer dressing directly over the incision on until your follow up with Dr. Chahla's office.
- If the bandage falls off, you can replace it with a normal waterproof bandage. To do so, we highly recommend placing a piece of gauze over the incision and applying a Tegaderm over the guaze pad. Do not remove the Steri-Strips (white rectangular Band-aids) that have been placed directly over the incision. Please leave these in place until your follow up visit with Dr. Chahla's office.
- It is normal to see some blood-tinged or clear drainage on the dressing from the incision. If you notice a thick, pus-like yellow discharge, please email the practice a photo of your incision at <u>chahlapractice@rushortho.com</u>
- **Do not apply lotions or ointments** of any kind (including Neosporin) to the incision site.
- Do not shower for 48 hours after surgery.
- After 48 hours from your surgery, you can cover the incision with a waterproof bandage/covering and shower.
- After your sutures are removed at your initial post-operative visit with Dr. Chahla's team, you can shower without a waterproof bandage covering the incision. When showering, simply let the soapy water run over the incision. **Do not scrub the incision**.
- Pat the incision dry when finished showering. **Do not apply lotions or ointments** until after the sutures have been removed and the incision is fuilly healed (typically around 4-6 weeks after your surgery).
- **DO NOT soak or submerge the incision** in a bath/pool until after the sutures have been removed and the incision is fuilly healed (typically around 4-6 weeks after your surgery).
- You will use the brace until you are off crutches/walker. This is typically around 6-8 weeks after surgery.
- You are to wear the brace at all times locked in position according to the post operative rehabilitation protocol: (Locked at 60° week 0-2; 40° week 2-4; 20° week 4-6)

If you have any issues or questions regarding the brace, please call our DME department directly at: 312.432.2482





- **Do NOT** put weight on the leg during the first 6 weeks following surgery.
- Avoid flexing your knee beyond the allowed degree per the post operative rehabilitation protocol.
- You will be allowed to drive once you are:
  - No longer using the crutches or the brace.
  - No longer using narcotic medictions to manage pain.
  - Feel comfortable in your abilities to come to an emergency stop if needed.
- Initial Post-Op Visit: 2 weeks post op (sutures will be removed at this visit).
- Expected Additional Follow-up Visits: 6 weeks post-op, 3 months post-op, 4.5 months post-op, 6 months post-op, 9 months post-op.
- Please note that it is normal to experience mild temperature fluctuations after surgery. However, please contact our office if you begin to experience a fever >100.4° F.
- If you develop chills or continued night sweats.
- If you notice pus, significant pain, or redness surrounding the incision site. Please email the practice a photo of your incision at <a href="mailto:chahlapractice@rushortho.com">chahlapractice@rushortho.com</a>
- If you experience constant cramping, tightness, pain, or a persistent Charlie-horse sensation in the calf of the operative leg.
- If you are unable to urinate for greater than 1-2 days after surgery.