



Post-Operative Instructions – Hamstring Repair

Diet

- Start with clear liquids and light foods.
- Return to your normal diet if you are not nauseated.

Wound Care

- Keep your operative dressing in place.
- Keep dressing clean and dry.
- Sponge bathing is recommended.
- You may remove bandages 2 days after surgery to shower.
 - Do not submerge the leg in water.
 - Bruising is normal.
- Do not pick at incisions or remove sutures until your post-op visit.

Medications

- Narcotic pain medication may be needed briefly; take as directed.
- Common side effects: nausea, drowsiness, constipation.
 - Take with food.
 - Use over-the-counter laxatives if constipated.
- Anti-nausea medication (Zofran or Phenergan) may be taken as needed.
- Contact the office if nausea/vomiting continues.
- Do not drive or operate machinery while taking narcotics.
- Ibuprofen (up to 800 mg every 8 hours) may be taken between narcotic doses to:
 - Smooth pain peaks and valleys
 - Reduce narcotic use
 - Extend time between doses
- Keep each medication on its own schedule (example provided in original instructions).

Activity

- No driving until cleared by Dr. Heinrich and you are off narcotics.
- Return to sedentary work or school in 3–4 days if pain is tolerable.

When to Call the Office

Call 214-265-3260 or Dr. Heinrich at 214-326-9141 for:

- Painful swelling or numbness
- Unrelenting pain
- Fever over 101.5°F or chills
- Extreme redness around incisions
- Continuous drainage or bleeding (small amount is normal)
- Difficulty breathing
- Excessive nausea/vomiting

Appointments

- First post-op appointment is typically 10–14 days after surgery.
- If not already scheduled, call the office to arrange it