

## POST OPERATIVE INSTRUCTIONS

### HAMSTRING REPAIR

(All of this information, and more helpful information, can be found on Dr. Roth's website at [www.KevinRothMD.com](http://www.KevinRothMD.com))

### DIET

- Start with clear liquids (jello, soup broth, Gatorade, etc.), crackers, white bread and other light foods
- Progress slowly to heavier foods as you tolerate the lighter foods without any nausea

### WOUND CARE

- You will most likely have a waterproof dressing placed over your incisions. You are allowed to shower with the dressings right away. Let the water and soap run over the dressings and pat them dry with a clean towel after the shower. Do not scrub the area or vigorously dry them. Do not submerge the dressings under water (**e.g. NO bath tubs, swimming pools, hot tubs, ocean swimming, etc.**).
- Dr. Roth or his physician assistant will remove the dressings during your first post-operative visit.

### MEDICATIONS

*In many situations, your surgery will be performed at an ambulatory surgery center and you will be able to be discharged immediately after surgery to go home. Depending on your injury and the surgery performed, in some situations, you may need to spend a day or more overnight in a hospital. If you are staying in the hospital, Dr. Roth and the nurses will be managing your pain medications directly, and the following section will not be applicable yet. The following section should be referred to if you are going home directly after surgery.*

- **Please take Aspirin 81mg one tablet once a day for 6 weeks to prevent risk of blood clots.**
- It is important to know that there will be some pain after surgery – this is very normal. Unfortunately, there is no such thing as “painless surgery.” While pain can sometimes be a marker of something going wrong, in the context of surgery, it is usually completely normal. If you are concerned about the level of pain that you are experiencing, please call Dr. Roth's office

and he and his team can discuss with you and ask a few questions to confirm that your level of pain is normal and not a sign of something dangerous.

- Dr. Roth uses the pain scale from 0-10 to try to help recommend how many opiate pain pills to take, so try to be honest with yourself about your pain level. Remember, zero is no pain at all, and 10 is the *worst pain in the world*. Dr. Roth recommends not taking any opiates if your pain is in a 0-4 range. Pain in the range of 0-4 is generally expected and very normal. If your pain rises above a 0-4, use the charts below for some recommendations of how to add in opiate medication to try to bring it down to the 0-4 range.
- You will usually have had some pain medicine injected into your knee during surgery which will last for 6-12 hours after surgery.
- You have been given a prescription for an opiate pain medication (Oxycodone, Percocet, Norco, etc.). By following the “Over-The-Counter Medicine” Regimens below, you may be able to avoid taking any of the opiate medication, or may only need it for a day or two. Feel free to wean off the opiate as soon as you can.
- If you have a history of Obstructive Sleep Apnea (OSA), be sure to let Dr. Roth know as he may decide to change your post-operative pain regimen.
- If your narcotic pain medication has ACETAMINOPHEN in it (e.g. Norco, Percocet) then you CANNOT also take TYLENOL at the same time, which is the same medication.
- Side effects of the pain medication include itching, nausea, vomiting, dry mouth, constipation, dizziness and lightheadedness. Taking the medication with food will decrease the risk of nausea. **To prevent constipation, it is recommended that you take a stool softener (e.g. Colace) while taking the opiate. Colace can be purchased over the counter. Take one tab 2-3 times per day.**
- If taking the opiate medication causes you to experience itching without a rash, and without any swelling of the mouth or difficulty breathing, this is very common, and is not a true allergy. The best way to manage this is to try to wean off the opiates and just take the Advil/Tylenol regimen described below, or to take Benadryl for the itching. However, the Benadryl may not manage the itching very well, and often just puts you to sleep so you aren’t as bothered by the itching.
- Try to wean off of the opiate pain medication as soon as possible. Using Dr. Roth’s regimen below will help you transition away from the opiates as soon as possible.

Dr. Roth's Suggested Post-Operative Pain Management Regimens

*(Note that generic medications are exactly the same as brand name and can be substituted at lower cost and without any change in effectiveness.)*

DR. ROTH'S SUGGESTED OVER-THE-COUNTER PAIN REGIMEN	
<u>MODERATE PAIN</u>	
<i>DO NOT take the Tylenol if your opiate has acetaminophen in it already (e.g. Percocet, Norco)</i>	
<b>6 AM</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
<b>12 NOON</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
<b>6 PM</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)
<b>12 AM (MIDNIGHT)</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen)

DR. ROTH'S SUGGESTED OVER-THE-COUNTER PAIN REGIMEN	
<u>SIGNIFICANT PAIN</u>	
<i>DO NOT take the Tylenol if your opiate has acetaminophen in it already (e.g. Percocet, Norco)</i>	
<b>6 AM</b>	600 mg Advil (ibuprofen)
<b>9 AM</b>	1000 mg Tylenol (acetaminophen)
<b>12 NOON</b>	600 mg Advil (ibuprofen)
<b>3 PM</b>	1000 mg Tylenol (acetaminophen)
<b>6 PM</b>	600 mg Advil (ibuprofen)
<b>9 PM</b>	1000 mg Tylenol (acetaminophen)
<b>12 AM (MIDNIGHT)</b>	600 mg Advil (ibuprofen)
<b>3 AM</b>	1000 mg Tylenol (acetaminophen)

*Note that this regimen is the same as the "Moderate Pain" regimen, however, it splits the Advil and the Tylenol so that they are taken at different times. In this regimen, you are taking SOMETHING every 3 hours, so you are always on the "upswing" of one or the other medication.*

IN ADDITION to the “Over-The-Counter” pain regimens above, the opiate you have been prescribed (typically oxycodone) can be added in AS NEEDED to supplement your pain and manage breakthrough moments of increased pain. You are encouraged to try to stop taking the opiate as soon as possible, and if you can manage without the opiate, please feel free to do so. At each moment that you are taking your other medications, try to assess your level of pain and take an oxycodone

<b>SUGGESTED PAIN REGIMEN – WITH OPIATE</b> <b><u>MODERATE PAIN</u></b>	
<b>6 AM</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>12 PM (NOON)</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>6 PM</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>12 AM (MIDNIGHT)</b>	600 mg Advil (ibuprofen) 1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone

<b>SUGGESTED PAIN REGIMEN – WITH OPIATE SIGNIFICANT PAIN</b>	
<i>*** If you are following this regimen, and are consistently taking TWO oxycodone at EACH time point, please call Dr. Roth to let him know that you are requiring that level of pain relief. ***</i>	
<b>6 AM</b>	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>9 AM</b>	1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>12 NOON</b>	600 mg Advil (ibuprofen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
<b>3 PM</b>	1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone
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<b>3 AM</b>	1000 mg Tylenol (acetaminophen) + Pain Level 0-4: NO Oxycodone Pain Level 5-7: ONE Oxycodone Pain Level 8-10: TWO Oxycodone

**Do NOT drive a car or operate any heavy machinery while you are taking narcotic pain medication (OxyCODONE, Oxycontin, Norco, Percocet, Tylenol #3, etc.)**

## ACTIVITY

- You are allowed to fully bend the knee, but you will have a knee brace that will prevent you from fully extending the knee.
- Use crutches to assist with walking and help provide you stability as you learn to walk on an injured extremity. Wear your brace when walking. You will have the brace and crutches for 6 weeks.
- Avoid long periods of sitting with the leg below your waist or long periods of standing/walking for the first 7-10 days after surgery as these activities are likely to increase the swelling of your leg.
- You may return to sedentary work / school 3-4 days after surgery if swelling and pain are tolerable and you are no longer taking narcotic pain medications.
- **DO NOT SMOKE** cigarettes, smokeless tobacco, cigars, dip, chew, or any other tobacco product for at least 3 months after surgery if at all possible, as these will all **inhibit healing of the repair, increase the risk of infection**, and decrease the ability of the wound to heal.

## BRACE

- Brace is to be worn at all times (day and night) for the first week after surgery except when showering or doing exercises.

## ICE THERAPY

- Dr. Roth highly recommends purchasing an ice machine for the post-operative period as it is much more convenient than ice packs, however, if necessary, ice packs are sufficient as well.
- Start ice immediately after surgery.
- Ice for 20 minutes a minimum of four times daily, or more often if you prefer, but no more often than 20 minutes every hour. **Be sure there is always something between the ice pack and your skin and do NOT ice for longer than 20 minutes at a time or you could get frostbite.**
- If you had a block at the time of surgery, your leg may be numb for up to 24 hours. It is particularly important during this time to be aware of the clock when you are icing as you will not feel the cold and frostbite is a real concern.

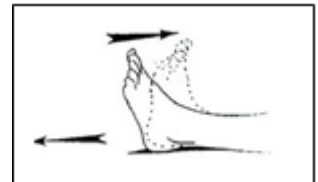
## EXERCISE

- You may start your exercises 24 hours after surgery (described below).
- Try to do your exercises a minimum of 3 times per day after surgery.

- Your leg will feel painful and stiff after surgery which is normal, but it is appropriate and healthy to start trying to bend (unless otherwise instructed by Dr. Roth)
- Formal physical therapy will begin 6 weeks after the surgery.
- Do ankle pumps throughout the day to minimize the risk of blood clots.

### *Specific Exercises*

- ANKLE PUMPS
  - Move your foot up and down like you are stepping on and off of a gas pedal. This helps circulate blood through your leg. Do this about 20-30 times, every few hours.



## EMERGENCIES

- Ideally, contact Dr. Roth's office at **650-853-2943** during business hours (8 am – 5 pm) to reach Dr. Roth or a representative.
- For concerns that cannot be addressed during business hours, call the Palo Alto Medical Foundation operator at **650-853-2943**.
- Please contact Dr. Roth's office immediately if any of the following are present, or for any other concerns:
  - Pain that is not controlled by the regimen described above
  - Pain that is unrelenting or getting worse over time rather than staying the same or improving
  - Numbness that lasts longer than 24 hours after surgery
  - Fever (greater than 101° - low grade fever is normal for the first few days after surgery)
  - Redness around the incisions
  - Continuous drainage or bleeding from the incision (some drainage is expected)
  - Difficulty breathing
  - Chest Pain
  - Light headedness or passing out
  - Uncontrollable nausea, vomiting
  - Color change in the operative extremity
  - Blistering of the skin
- If you have an emergency that requires immediate attention, proceed to the nearest Emergency Room.

## FOLLOW UP

- If you do not already have a follow-up appointment scheduled, please call 650-853-2943 to schedule an appointment. Follow-up appointments are generally 7-10 days after surgery.