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## **Post-Operative Instructions – Proximal Hamstring Tendon Repair**

1. Leave dressing on until you return to clinic.
2. Walk with crutches at all times. You may NOT place any weight on the operative side.
3. Try to avoid sitting with your weight directly on the buttock of the operative side. Avoid direct pressure over the incision site.
4. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your bowel movements, please alert us.
5. Please do not use bacitracin or other ointments under the bandage. Use the cryocuff or ice packs as often as possible, and at least 30 minutes four times per day. An ace wrap may be used to help you control swelling.
6. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
7. Do not soak the hip in water or go swimming (pool or ocean) until your incisions are healed.
8. Driving:
  - a. If surgery was on your right hip, driving is not permitted until after you are released from crutches by Dr. Chin.
  - b. If surgery was on your left hip, driving is not permitted before post-op day #5, and then only if you have stopped taking pain medicine and feel you can drive safely.
9. Discontinue pain meds when able.
10. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.

**Weight Bearing Instructions:** non-weight bearing on the operative side for 2 weeks then toe touch weight bearing from 2-4 weeks, then advance to full weight bearing at 4 weeks.

**Brace Instructions: No flexion past 30-40 degrees for 6 weeks.**

**If you have any questions, please call our office.**