

Dr Brendan Ricciardo

MBBS (UWA) FRACS FAOrthA
Orthopaedic Surgeon

Hip, Knee & Shoulder Surgeon
Sports & Trauma Surgery



Coastal
Orthopaedics

PHONE 08 9230 6333

brendan@coastalorthopaedics.com.au

www.drbrendanricciardo.com.au

Claremont Murdoch Esperance

PROXIMAL HAMSTRING REPAIR

Discharge

Usually an overnight stay in hospital.

Post-Operative Appointment

Your first post op clinic review is 2 weeks after surgery. If you would like to confirm or change this appointment please contact my PA Tammy on 9230 6333 or tammy@coastalorthopaedics.com.au. If you live in Regional WA then this appointment can sometimes be made with your GP (please discuss this with Brendan).

Pain Relief / Medications

You have been prescribed a range of pain killers by the Anaesthetist. You should take them as prescribed. In general, you should take paracetamol regularly as first line, followed by anti-inflammatories if prescribed or directed and then strong painkillers such as Tramadol, Tapentadol or Oxycodone for top-up pain relief. You can cease them as soon as the pain allows. Check with your nurse prior to discharge if you are unsure.

Swelling / Icing

Post op swelling and bruising around the incision under the buttock/thigh is expected. It should reduce gradually over a few weeks. Regular icing of your buttock/thigh will help with pain and swelling. If the swelling gets worse or if there is redness around the wound or fever, please contact my rooms immediately or attend your local Doctor. After hours you can contact the hospital ward from which you were discharged. Avoid prolonged sitting which puts pressure on your surgical wound and can impede healing.

Bandage / Dressings / Sutures

You will be discharged from hospital with a dressing covering your buttock wound. Leave this dressing in place until your two week review when we will remove it. The dressing is waterproof. Showering is fine but bathing/swimming is not. Should your dressing lose its seal or become saturated, please contact my rooms for advice. You have dissolvable sutures under the skin that do not require removal.

Crutches

Crutches are needed for 4 weeks. The first 2 weeks are 'touch' weight bearing and the next 2 weeks 'partial' weight bearing. Full weight bearing from 4 weeks. A brace to immobilise your knee may be prescribed.

Physiotherapy

Please refer to the 'Rehab' section of my website www.drbrendanricciardo.com.au for exercises you should perform following surgery and continue after discharge from hospital. You will be reviewed by a physio in hospital the morning after your surgery.

Return to Work / Driving

It is reasonable to target a return to office work at 2-4 weeks. A standing desk may be beneficial. For physical work the target is 2 months. If surgery is on our left hamstring and you have an automatic car, then it is possible to return to driving after 2 weeks. For right hamstring surgery and all manual cars it is more likely to be 6 weeks.



Fellow of the Royal Australasian
College of Surgeons



FAOrthA

FELLOW of the
AUSTRALIAN
ORTHOPAEDIC ASSOCIATION

CLAREMONT

MURDOCH

MANDURAH

ROCKINGHAM

MIDLAND

MT LAWLEY

WHEATBELT

Bethesda Hospital • St John of God • Peel Health Campus • Waikiki Hospital • St John of God • St John of God • Northam Hospital