

Your son/daughter has been scheduled to undergo *hamstring lengthening(s)* to reduce knee flexion during ambulation and increase the efficiency and decrease fatigue while walking. During surgery, the hamstring tendons will be visualized and lengthened to allow your child to stand and walk with his/her knee(s) straight. Surgery will last approximately 1/2 hour/side, and your child will receive general anesthesia.

This is an outpatient procedure; your child will go home the same day of surgery unless your child is having concurrent procedures that require a hospitalization. Your child will wake up in knee immobilizer(s). Your child will wear the brace(s) full time at night and 2 hours on/2 hours off during the day for a total of 6 weeks post-operative. Your child has no weight-bearing restrictions and can walk immediately post-operatively with and without the brace. Physical therapy will start 6 weeks after surgery. Therapy will occur 1-2 times a week, focusing on gait training and strengthening. You will receive a prescription for physical therapy at your first post-operative visit.

You will be discharged from the hospital with Ibuprofen, Tylenol, Diazepam and Oxycodone. If your son/daughter develops fevers, chills, increase in pain, or redness/swelling/discharge at the incision site, please contact Dr. Thompson immediately. We will see you back in clinic 2 weeks after surgery for clinical evaluation.

- **Surgery Time:** Approximately 1/2 Hour/Side
- **Hospital Stay:** Day Surgery
- **Equipment:** Knee Immobilizer
- **Post-operative Medication:** Ibuprofen, Tylenol, Diazepam, Oxycodone
- **Weight-bearing Status Post-Op:** No Restrictions
- **Physical Therapy:** Starts at 6 Weeks