



FASCIOTOMY

These instructions will help you take care of yourself at home.



DIET

Start with clear liquids after you reach home. Wait about 45 minutes and if you do not feel sick, try bland foods first and then progress to your usual diet.



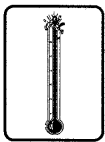
ACTIVITIES

For the first two days keep your legs elevated as much as possible. You may be up to go to the bathroom or for short times as needed.



SPECIAL CARE NEEDED

Remove all dressings after 24 hours. Leave steri-strips in place. They will fall off on their own in 7 to 10 days. You may shower after 24 hours. You should limit the time in the shower to as brief a period as possible. Then pat the wound dry. If your ace bandages feel too tight today, you may remove them and loosen them. The ace wraps should be snug enough to give you support but not so tight that they cause swelling or pain in the leg(s) or foot (feet). If ankle swelling occurs following the removal of the aces, they should be worn for an additional week when you are up and around. Continue to wear aces until swelling disappears and does not return. Wear aces when you are up and around for at least 7 to 14 days.



INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. _____ if:

- Bleeding does not stop after direct pressure is applied for five (5) to ten (10) minutes with legs elevated.
- Increase in swelling or tenderness around the wounds.
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

Call 911 if you have chest pain or shortness of breath