Fasciotomy
Care After Surgery

Fasciotomy is surgery on the fiber-like connective tissue, called fascia, that covers muscles. The procedure reduces the pressure that has built up inside the fascia in a specific area of your body. The surgery should reduce the pain and swelling caused by the pressure. The surgery should also restore blood flow to the area.

If your fasciotomy was an outpatient procedure, you will be going home the same day. Otherwise, you will need to stay overnight in the hospital.

AFTER SURGERY

- While you are recovering in the clinic or hospital, be sure to tell your caregivers if you are in pain.
- Before you are sent home, you will be shown how to care for the area around the cut (*incision*) that was made during surgery.
- The part of your body where the fasciotomy was done (a foot, for example) may need to be not moved (*immobilized*) for about 24 hours. Ask your healthcare provider what you should and should not do during this time.

HOME CARE INSTRUCTIONS

- Take any medication that your surgeon prescribed. Follow the directions carefully. Take all of the medication.
- Ask your surgeon whether you can take over-the-counter medicines for pain, discomfort or fever. Do not take aspirin unless your healthcare provider says to. Aspirin increases the chances of bleeding.
- Do not get the wound wet for the first few days after surgery (or until the surgeon tells you it is OK).
- Usually you can start gentle exercises in a day or two. Be sure to ask your healthcare provider for a list of what to do and what not to do.
- You may need to return to the surgeon's office, clinic or hospital to have the dressing changed on the incision. At that point, the surgeon will decide whether anything more needs to be done to treat the wound area.
- If the fasciotomy was done on a leg or foot, avoid standing or walking for long periods. Your healthcare provider will tell you when you can resume normal activity.
- If it was done on your hand or arm, avoid tasks that involve lifting, carrying, gripping or twisting. Again, your healthcare provider will tell you when you are clear to resume these activities.
- Physical or occupational therapy might be suggested. This could help you regain normal functioning more quickly and more fully.

SEEK MEDICAL CARE IF:

- The wound becomes red or swollen or leaks fluid or blood.
- Your pain increases.
- You become nauseous or throw up for more than two days after the surgery.
- You develop a fever of more than 100.5°F (38.1°C).
- You have pain or difficulty moving the affected limb.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your leg or arm starts to swell.
- You develop a fever of 102.0°F (38.9°C) or higher.

Document Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.