

Postoperative Instructions

Fasciotomy

Your return home

- Remove your dressing in:
 - 1 3 5 10 days
 - at your follow-up.
- Remove the little white dressings (Steri-strips™) in:
 - 7 10 days

- Keep your elastic bandage (Tensor™) on 24 hours a day until you remove your dressing. Following the removal of your dressing, wear the Tensor during the day only, for one week.
- Put an ice pack over the wound site for a maximum of 20 minutes per hour.
- Showering is permitted once you take off your dressing.
- No baths or pools are permitted for ten days.

Physical activities

- Walking and climbing stairs is permitted.
- Keep your leg elevated as much as possible during the next few days.
- No driving for 24 hours after surgery or longer if you are taking pain medication, or according to your doctor's instructions.
- No sports are permitted until you see your surgeon for your post-op visit.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™.
- Drink prune juice and/or take Metamucil™. If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness, swelling, numbness and tingling of the affected limb;
- hardening or discharge (other than blood) of the incision;
- fever and chills;
- increase in pain;
- pain and heat in your calf; and/or
- sudden shortness of breath.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

Next appointment:

Date:

Time:

Physician:



To reach the Orthopaedic Clinic:

1st level, C wing, room 175

Telephone: 613-746-4621 ext. 2747

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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