LOWER LEG FASCIOTOMIES
POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your leg elevated as much as possible for the next few days. Use crutches at all times.
2. You may change your dressing on the third postoperative day. Keep a bandage on your incision sites until seen in follow-up.
3. Post-operative bleeding is not unusual. Reinforce the dressing as needed. If you have concerns about the amount of bleeding, please call the office.
4. Use ice packs as directed until you are seen in the office.
5. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. You may rest your foot on the ground for balance only.
7. Post-operative pain is common but should be controlled by the prescriptions given to you.
8. You will be seen for follow-up within a week. Please call our office listed below if you have any questions or concerns.
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POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

Straight Leg Raise - Extension
Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.

Calf Stretch
Using a towel or a belt, gently stretch your calf muscles as pictured. Keep your knee straight. Hold the stretch for 20-30 seconds. Do this 4-6 times per day.

Straight Leg Raise - Abduction
Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.

Straight Leg Raise - Adduction
Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.

Heel-Leg Prop
Elevate your leg by placing a cushion underneath your lower leg or heel as shown. Do this 4-8 times per day for 15-20 minutes. You may also sleep with your leg elevated.

Ankle Pumps/Circles
Sove your foot up and down, or in circles, from the ankle. This may be done while you are doing the Heel-Leg Prop. Repeat 4-8 times per day.

Quad Set
Squeeze thigh muscles tightly, as if pressing the back of your knee into the surface you are lying on. Hold contraction for 10 seconds, repeat 30 times. Do this 4-6 times per day.

Straight Leg Raise - Flexion
Squeeze thigh muscles tightly, then lift leg off the surface as shown in the picture. Raise and lower your leg slowly. Repeat 15-30 times. Do this 4-6 times per day.