



# HEALTH

UNIVERSITY OF UTAH

**Dr. Robert T. Burks, MD**  
University Orthopedic Center

## Compartment Release/Fasciotomy

### Surgery:

- 1 hour long
- Outpatient Surgery
- Pain is usually minimal and medication prescribed accordingly

### Surgical Goals:

- With smallest incisions possible, the fascia separating the compartments within the lower legs, typically between the anterior and lateral compartments, are carefully released to mitigate symptoms.
  - Minimize swelling post operatively

### General Timeline After Surgery:

- **0-1 week** Post Op: Patient is typically up and walking as they are able and as needed, rest with legs elevated comfortably above the heart. ACE wraps from ankles to knees to minimize swelling.
- **1-6 weeks** Post Op: Begin light return to activity as tolerated, beginning with low impact activity and gently returning to full activity towards the end of this period or middle of the next timeframe.
- **6-12 weeks** Post Op: Return to activities as desired, in a gradual fashion, returning to full activity as symptoms allow.
  - **3-6 months** Post Op: continue transition to full return to activity.
- **Return to work will largely depend on the type of work you do. Light desk work at a keyboard can begin immediately, while any lifting or repetitive motions may not be approved until 2-3 months post op.**
- **Post Op appointments generally scheduled around 1-2 weeks and 6 weeks with 3 months and 6 months returns as needed**

### Dr. Burks' Team Contact Info:

For More info, please see [robertburksmd.com](http://robertburksmd.com)

#### Clinic/Pre and Post Op Questions

Phone: 801-587-7198

Email: [chad.derby@hsc.utah.edu](mailto:chad.derby@hsc.utah.edu)

#### Clinic/Work Letters

Phone: 801-587-1280

Email: [oliver.herrera@hsc.utah.edu](mailto:oliver.herrera@hsc.utah.edu)

Clinic Fax Number: 801-587-7111

#### Surgery Scheduling

Phone: 801-587-7013

Email: [s.rehn@utah.edu](mailto:s.rehn@utah.edu)