

Blood Clot Prevention

Deep Vein Thrombosis (DVT):

A blood clot that forms in the veins of the body, usually in a leg or arm.

Signs & Symptoms:

- Pain or tenderness, often starting in the calf.
- Swelling, warmth, or redness in the foot, ankle, or calf.

Pulmonary Embolism (PE):

A blood clot that breaks off from a vein deep in the body and travels in the blood stream to your lungs.

Signs & Symptoms:

- Difficulty breathing, chest pain, coughing up blood.
- Fainting, dizziness, or feeling lightheaded.



Both surgery and bed rest increase your risk for blood clots.



What can you do to help prevent a DVT or PE blood clot?

Everyone's medical condition is different. Your doctor may order all three of these prevention therapies. Please speak with your doctor or nurse if you have any questions.



Walk.

Walking is one of the best things you can do to help prevent a blood clot.

Each day, set a goal with your nurse for the number of times you will walk.



Use a compression device, if ordered by your doctor.

A compression device gently squeezes your legs while you are sitting or lying down. You need to wear a device at least 18 hours a day for it to be effective.



Take blood-thinning medication, if ordered by your doctor.

Even if you are walking, your doctor may order a blood thinner due to your medical condition.