

North Valley Surgery Center

Affiliated with **HONORHEALTH**

Patient Education Sheet for DVT(Deep Vein Thrombosis) & PE(Pulmonary Embolus) Prevention

What is a DVT? Deep Vein Thrombosis(DVT) is a blood clot that forms inside a deep vein. It can also lead to a serious health problem called pulmonary embolus (PE).

What is a PE? A pulmonary embolus occurs when the blood clot travels through the veins and blocks a major blood vessel leading to the lungs. This is a medical emergency and can cause death.

People at Risk for Getting a DVT Some patients are at higher risk for getting a DVT. Patients that have surgery are at an increased risk at developing a blood clot. Some risk factors include:

Recent surgery, surgery lasting longer than 1 hour	Inactivity or immobilization (cast)	Spinal Cord Injury	Hormone therapy, birth control pills
Previous heart attack or heart failure	Overweight and obesity	Genetics (Factor V Leiden)	Injury or trauma
Personal/Family history of DVT or PE	Pregnancy and postpartum	Infection	Active cancer or recent history of cancer (< 6 months)
Older age	Varicose veins	Smoking	IBS, Colitis, Crohn's disease

How to Prevent DVT & PE

Both DVT and PE often are preventable. Your physician may order TED hose, SCD's (Sequential Compression Devices), or medication to help prevent a DVT. Please follow your surgeon's specific instructions and guidelines for use.

Ted Hose	Special stockings that improve blood flow from the lower legs.
SCD's	Use air through special sleeves to squeeze the lower leg muscles to also improve blood flow.
Medications	Aspirin, Coumadin, Eliquis, Xarelto, Lovenox, may be prescribed post operatively by your surgeon or doctor to prevent blood clots.
Ankle Pump Exercise	With your legs straight and relaxed, point toes toward head of bed, then toward the foot of the bed. Repeat frequently.
Foot Circle Exercise	With legs relaxed on bed, move ankles in small circles. Repeat frequently.

Additional Ways to Prevent DVT & PE

- Early and frequent walking once your doctor approves (walking every hour during your waking hours).
- Make sure you're taking in plenty of fluids once your doctor approves.

***If the following occur notify your surgeon immediately: **unexpected increase in pain of calf and leg, new swelling in the leg that does not go away with elevation, redness, and warmth of leg.**

***If the following occur call 911 immediately: **chest pain, shortness of breath, fast heartbeat, fainting, or decrease in level of consciousness.**

Patient or Caregiver Signature

RN signature