

Deep Vein Thrombosis Prevention

After Surgery Home Checklist

During your stay in the Bone & Joint Outpatient Surgery Center (BJOSC), your orthopaedic surgeon began a program to prevent Deep Vein Thrombosis (DVT). This may have included special support hose, compression boots, and blood thinners.

Now that you are home, there are things you can do to reduce your risk of blood clots:

- Follow your surgeon's discharge instructions carefully.
- Be active. Movement is important to increase blood flow in your leg muscles. Slowly resume your normal daily activities.
- Exercise. Do the specific exercises your surgeon or physical therapist has prescribed. Be sure to do the exercises as often as you have been instructed.
- Know the warning signs of a blood clot!
 - Increasing pain in your calf
 - Tenderness or redness above or below your knee
 - Increasing swelling in your calf, ankle, and foot
- Know the warning signs that a blood clot has traveled to your lung!
 - Sudden, increased shortness of breath
 - Sudden onset of chest pain
 - Localized chest pain when coughing

If you have any questions or concerns, please contact the Bone & Joint triage nurse at 715-359-6442 or 800-445-6442. After hours, please contact your hospital's emergency department or dial 911.