

What is DVT?



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DVT, or Deep Vein Thrombosis, is a **blood clot** that forms in a vein, usually in the leg. The clot may cause pain and swelling, and can result in serious complications if it breaks loose and travels to the lungs. You're at greater risk of developing DVT if you're over 60, overweight, or have a personal or family history of a blood clotting disorder. Recent surgery, cancer or pregnancy also increase your risk.



What are the signs of DVT?

- Swelling of your leg or arm
- Pain or tenderness not caused by injury
- Skin that is warm to the touch, with swelling or pain
- Redness of the skin, with swelling or pain

What are the signs of Pulmonary Embolism (PE)?

Patients experience PE when a blood clot breaks loose and moves to the lungs. These symptoms require immediate medical attention:

- Difficulty breathing
- Chest pain that worsens with a deep breath
- Coughing up blood
- Faster than normal or irregular heartbeat

Preventing DVT and PE

+ Prevention Strategies After Surgery

Healthcare providers will take measures to ensure patients can avoid DVT, and pulmonary embolism, after surgery. This may include -

- Anticoagulants (blood thinners) to prevent clotting
- DVT sleeves for compression
- Exercises or ambulation (getting out of bed and walking)

+ Prevention Strategies for Home

- Exercise your legs when sitting for long periods of time
- Be sure to keep moving while traveling
- Wear compression stockings to improve blood flow
- Stay hydrated because dehydration narrows the veins
- Quit smoking and reduce alcohol consumption
- Exercise regularly