Shrewsbury Surgery Center

**Blood Clot Awareness**

For Patient Use: The following information is a guideline to help you recognize a **Blood Clot** post operatively. Please notify your physician immediately if any of the following symptoms occur at home, after your orthopedic, abdominal, gynecological or lengthy procedure. If your symptoms are life threatening, call for emergency services or 911 immediately.

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**Deep Vein Thrombosis**
A clot typically, that is in one leg (can also be in one arm). Symptoms range from mild to severe, may involve a foot, ankle, calf, whole leg or arm.

- Pain
- Swelling
- Discoloration (bluish or reddish)
- Warm to touch

**Pulmonary Embolism**
A blood clot in the lungs

- Shortness of breath
- Chest pain (may be worse with deep breathing)
- Unexplained cough (may cough up blood)
- Unexplained rapid heart rate

**Factors that increase Risk:**

- Immobility/prolonged sitting
- Recent surgery - ex: laparoscopy, Shoulder arthroscopy, etc.
- Traumatic injury/Bone fracture
- Birth control / hormone therapy
- Pregnancy and up to 6 weeks after giving birth
- Heart Disease/Cancer
- Obesity
- Clotting disorder
- Smoking
- Family history of VTE
- History of a blood clot

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**What can you do to prevent a blood clot? Improve blood flow. How?**

- Walk/ Stay active
- Foot pumps/ Calf press
- Compression stockings
- Medication – if recommended by you’re physician

Patient X ___________________________ Date ___________________________

Nurse X ___________________________