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[http://www.nlm.nih.gov/health/dchi/Diseases/
Dvt/DVT_Prevention.html](http://www.nlm.nih.gov/health/dchi/Diseases/Dvt/DVT_Prevention.html)

What you should know about **SURGERY AND DVT/PE PREVENTION**

*Deep Vein Thrombosis/
Pulmonary Embolism*



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Overview

Deep Vein Thrombosis (DVT) is the condition known in lay terms as blood clots in the legs. In most cases your body routinely prevents the occurrence of these clots through several different processes on its own. However, during surgery and the period immediately following surgery, you may be at risk for this condition. Through several steps and exercises you'll find here, you can greatly reduce your risk of forming these potentially harmful clots and be on your way to recovery from your surgery.

When are you at risk?

- After surgery, a long illness in bed, or if you are travelling for long periods
- A history of DVT
- Pregnancy, on hormone replacement therapy, or using birth control pills
- Older than 60 (although DVT can occur at any age)
- Being overweight or obese

Reducing your risk:

- Get out of bed and move around as soon as possible after surgery or illness according to the instructions from your doctor
- Exercising your lower leg muscles when sitting, lying down, or traveling for extended periods of time
- Contact your doctor at once if you develop signs or symptoms of DVT or pulmonary embolism

Signs & Symptoms of DVT:

- Swelling of the leg or along a vein in the leg
- Pain or tenderness in the leg, which you may feel only when standing or walking
- Increased warmth in the area of the leg that's swollen or in pain
- Red or discolored skin on the leg

Signs & Symptoms of Pulmonary Embolism:

- Unexplained shortness of breath
- Pain with deep breathing
- Coughing up blood
- Rapid breathing and a fast heart rate also may be signs of PE

By following the instructions of your physician and the information found here, your risk and recovery time can be greatly reduced. We thank you for allowing us to provide your care and wish you a speedy recovery.

If you develop any signs or symptoms of DVT or Pulmonary Embolism, call your doctor immediately or go to the nearest ER.