

PATIENT INFORMATION

Deep Vein Thrombosis (DVT)

Rehabilitation Department

Following injury or surgery, there is an increased risk of getting a blood clot or DVT (**Deep Vein Thrombosis**) in your calf, thigh, pelvis or arm.

This may be due to a period of immobility and pressure on a limb from bed rest or whilst in a plaster cast or splint. Sometimes your Doctor may prescribe medication to reduce the risk of a clot forming.

SIGNS OF A DVT

1. **PAIN** in the muscle belly e.g. calf / thigh or arm which is increased when pressure is applied to the area
2. Sudden increase in **SWELLING** of the soft tissue.
3. Increase in **TEMPERATURE** in the area of pain
4. **REDNESS** of the local area

Unfortunately, a DVT can be present without these signs and similarly the presence of these signs does not always indicate a DVT.

WHAT TO DO IF YOU SUSPECT A DVT

**Attend Accident & Emergency Department immediately
(01704 547471)**
Or seek urgent medical advice

You may have to have one of the following tests:

A venogram - a procedure that provides x-ray visualization of the veins particularly in the legs. A special dye is injected

that is visible on x-ray which allows the size and the condition of the veins to be evaluated.

D-Dimer – a blood test.

Doppler Ultrasound – examines the blood flow in the major arteries and veins in the arms and legs with use of ultrasound.

PREVENTION

In order to reduce the risk of a DVT, it is important to get yourself active and mobile as much as possible.

You will be shown circulation exercises by the Physiotherapist to perform hourly during the day e.g.

FLEXING/EXTENDING YOUR TOES\FINGERS X 20

**FLEXING AND EXTENDING YOUR
ELBOWS/ANKLES X 20**

**CIRCLING YOUR ANKLES ANTICLOCKWISE AND
CLOCKWISE X 10 EACH WAY**

TENSE YOUR THIGH MUSCLES x 20

Do not sit for long periods; change your position regularly to relieve any pressure. Get up and move about the room for short but regular periods provided it is safe to do so.

If you have a lower limb injury, elevate the leg when resting
If you have an upper limb injury, elevate the limb on pillows so it is higher than your heart when sitting and keep moving your fingers.

A clot could develop into a Pulmonary Embolism which is potentially fatal. Should you experience chest pain, breathlessness or cough up a blood clot, these indicate a clot has broken away and travelled up to your lung. If so, seek urgent medical attention.

It is essential that you follow this advice.

If you are unsure check with your therapist.

This patient information leaflet is intended to be used to support discussion during your clinical consultation. If there is anything you do not understand or are unsure about, please ask the doctor at your appointment or contact your Occupational Therapist.

Physiotherapy/Occupational Therapy
Ormskirk Hospital
(01695) 656861

Physiotherapy/Occupational Therapy
Southport Hospital
(01704) 704815

Named Physiotherapist

Contact number

Named Occupational Therapist

Contact number

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

REHABILITATION/THERAPY

If you have any concerns or questions regarding your therapy, please contact your named therapist on the number provided or Nicola Ivanovic, Head of Therapy and Rehabilitation Services on 01704 704147.

We would be grateful for any feedback on our orthopaedic service. Please go to NHS Choices website – www.nhs.uk

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

Sudden increased swelling, pain in muscle belly, increase in temperature (as explained in the booklet).

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

A&E – (01704) 547471

Your own GP –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Author/Owner: Nicola Steging
Ref: 750
Version: 7
Reviewed: September 2020
Next Review: September 2023