

## **DEEP VEIN THROMBOSIS PRECAUTIONS AND TREATMENT**

A number of conditions can predispose you to deep vein thrombosis or pulmonary emboli.

**It is very important that you advise us if you have any of the following conditions or ask if you have any concerns:**

- *Past history of blood clots*
- *Family history of deep vein thrombosis or pulmonary emboli*
- *Currently taking the oral contraceptive pill*
- *Currently taking hormone replacement therapy*
- *Recent long plane trips*
- *History of vascular insufficiency or surgery*
- *Conditions such as APC Resistance, Factor V Leiden (which may increase the risk of DVT)*

Post operative precautions may include wearing compression stockings (white stockings) for a period of time following your surgery or taking blood thinning medications.

We also encourage you to mobilise as much as possible following your surgery within the limits of your comfort and comply with any exercises, which you are given to do post surgery.

**You should call and inform your treating surgeon immediately if you experience any of the following symptoms:**

- *Increase in pain or swelling of your leg/calf*
- *Increased warmth or redness*
- *Chest tightness or pain*
- *Feeling of general un-wellness*

**If these symptoms occur out of business hours you should consult the Gold Coast Private Hospital Emergency Department.**