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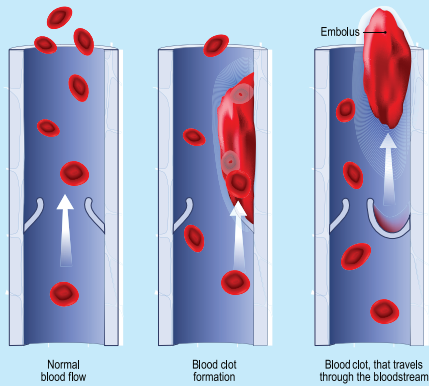
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## WHAT IS VENOUS THROMBOEMBOLISM?



Deep vein thrombosis (DVT) is a medical condition that occurs when a blood clot forms in a deep vein. These clots usually develop in the lower leg, thigh, or pelvis, but they can also occur in the arm.

## WHO IS AT RISK FOR DVT?

Anyone could develop a blood clot, but some people are at more risk.

### Risk factors for a DVT may include the following:

- Long periods of not moving, such as sitting, bed rest after major surgery, and long car or plane rides
- Major surgery (particularly involving the abdomen, pelvis, hip, or legs)
- Heart disease, such as congestive heart failure
- Cancer and cancer treatment
- Liver disease
- Older age
- Pregnancy or recently given birth
- Being overweight or obese
- Smoking
- Blood clotting disorders
- Inflammatory bowel disease, such as Crohn's disease and ulcerative colitis

## COMPLICATIONS OF DVT:

The most serious complication of DVT happens when a part of the clot breaks off and travels through the bloodstream to the lungs, causing a blockage called pulmonary embolism (PE). If the clot is small, and with appropriate treatment, people can recover from PE. However, there could be some damage to the lungs. If the clot is large, it can stop blood from reaching the lungs and can be fatal.

## WHAT ARE THE SIGNS AND SYMPTOMS OF DVT?

Some of the common signs and symptoms may include:

- Swelling in calf or thigh
- Pain or tenderness
- Red skin that may be warm to the touch
- Aching or pain in the calf or thigh
- Numbness or tingling
- Shortness of breath
- Chest pain

## DIAGNOSIS OF DVT

The diagnosis of DVT requires high index of suspicion and special tests that can only be performed by a doctor. That is why it is important for you to seek medical care if you experience any of the symptoms of DVT.

## HOW DVT IS TREATED?

- Treatment Anticoagulant (blood thinners) medications may be given. This will prevent further blood clots from forming.
- For symptom relief, applying warm (not hot) compresses or heating pad will promote circulation and reduce pain.
- If you are having pain, discuss with your doctor what medications you should take.

- Elastic support stockings may be prescribed by your doctor to help increase the flow of blood from your legs.
- Surgery is sometimes required to place a special filter in the main blood vessel to catch the clots and prevent them from going into your lungs. Only on recurrent or medical contradiction.

## HOW TO PREVENT DVT?

To prevent DVT, your doctor may have you wear compression devices or elastic stockings.

Compression devices are plastic wraps placed around your feet or legs. A pump pushes air into the wrap through tubes to put pressure on your muscles to help your blood flow.

Elastic stockings help keep your circulation moving to prevent blood clots. Remove the stockings each day for 10 to 30 minutes.

- Check your feet and legs for redness, bruising, and sore areas.
- Lotion may be used if your legs are dry. Let the lotion dry before you put on the stockings.
- It is helpful to have two pairs of stockings, so you have a pair to wear while the other pair is being washed and dried.
- Wash the stockings each day with a mild soap, rinse, and air dry.

## WHEN SITTING FOR LONG PERIODS OF TIME, SUCH AS WHEN TRAVELING FOR MORE THAN FOUR HOURS:

- Get up and walk around every 2 to 3 hours.
- Exercise your legs while you're sitting by:
  - Raising and lowering your heels while keeping your toes on the floor

- Raising and lowering your toes while keeping your heels on the floor
- Tightening and releasing your leg muscles
- Wear loose-fitting clothes.
- Drink plenty of fluids unless you have been told to limit your fluids.

You can reduce your risk by maintaining a healthy weight, avoiding a sedentary lifestyle, and following your doctor's recommendations based on your individual risk factors.

Do not sit with your legs crossed or with constant pressure on the back of the knee. If your legs tend to swell, prop them on a stool when sitting.

## REDUCE YOUR RISK



## References:

<https://www.cdc.gov/ncbddd/dvt/facts.html>

<https://patienteducation.osumc.edu/Documents/dvth-pre.pdf>

<http://healthlibrary.stanford.edu/patient/syndromes/dvt.pdf>



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