

## Deep Vein Thrombosis

## Prevention

### After Surgery Home Checklist



During your stay in the hospital, your orthopaedic surgeon began a program to prevent Deep Vein Thrombosis (DVT). This may have included special support hose, compression boots, and blood thinners.

Now that you are home, there are things you can do to reduce your risk for blood clots.



Follow your surgeon's discharge instructions carefully.



Be active. Movement is important to increase blood flow in your leg muscles. Slowly resume your normal household activities.



Exercise. Do the specific exercises your surgeon or physical therapist has prescribed. Be sure to do the exercises as often as you have been instructed.



Know the warning signs of a blood clot.



Increasing pain in your calf



Tenderness or redness above or below your knee



Increasing swelling in your calf, ankle, and foot



Know the warning signs that a blood clot has traveled to your lung:



Sudden, increased shortness of breath



Sudden onset of chest pain



Localized chest pain with coughing