

IMPORTANT PATIENT INFORMATION PREVENTING DEEP VEIN THROMBOSIS

Deep vein thrombosis (DVT) is a blood clot that forms in a deep vein, often in the calf or thigh. The clot can partially or completely block blood flow and damage vessels. If a blood clot breaks free, it can travel to the lungs and cause pulmonary embolus (PE), which can be serious.

DVT RISK FACTORS

The risk of developing DVT is greatest during the 10 days following surgery. Other common risk factors include:

- limited mobility
- Congestive heart failure
- Personal or family history of blood clot
- Smoking
- Overweight
- Respiratory failure
- Medications such as birth control pills or hormones
- Age 40 and older

GENERAL DVT PREVENTION

There are a few things that you can do to prevent DVT. Your doctor and nurse will work with you to determine the DVT prevention methods that are right for you.

> **Move as soon as possible**-after surgery, get out of bed and move around as soon as your doctor

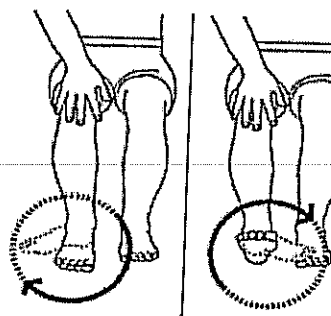
tells you that it is OK to do so. Ask for assistance if you feel unsteady.

> **Exercises**- Exercising your lower leg muscles is important especially when you sit for long periods of time. It decreases the pooling of blood in your legs. Try to do the DVT prevention exercises below several times a day, while you are recovering from surgery.

DVT EXERCISES

There are a few simple exercises you can do to help prevent DVT, particularly in situations where you are seated for a long time.

Toe lifts- With your heels on the floor, lift the toes and front of foot as high as possible, then put both feet flat on the floor. This keeps your calf muscles working to prevent blood from pooling.



Ankle rotation-Rotate your feet clockwise and counter clockwise for 30 seconds. Sit with your knee bent and circle your foot, first clockwise then counterclockwise.

While doing the exercises, be sure you are only moving your foot and ankle. Do both of these exercises several times a day.

If you have any concerns or questions about DVT or PE please contact your doctor or the nurse.

Signs that you may have a DVT or PE

In your calf or thigh:

- >Pain
- >Swelling
- >Redness
- >Warm to touch

Or

- >Shortness of breath
- >Palpitations
- >Lightheadedness

If you develop any of the above symptoms in the period after surgery, call your doctor or go to the nearest emergency room.

DVT Prevention when you Travel

The risk of DVT can increase when you take a long car or airplane trip. Tell your doctor if you are planning a trip where you will be in a car or plane for over one hour.

When you are on a long flight or car ride:

- >Use the aisle of the plane or get out of the car to walk every hour.
- >Flex and point your feet at least every 20 minutes
- >Drink a large glass of water every two hours
- >Do not drink beverages containing caffeine or alcohol.

PRE-OP INSTRUCTIONS

Surgery Date _____ Arrival Time _____ Report Directly to Second Floor

1. The day before your surgery drink plenty of liquids, such as water or juice. Do not drink alcoholic beverages.
 2. Do not eat or drink anything after midnight the night before your surgery. No gum, no mints, no candy, no water, **nothing**.
 3. If you take blood pressure meds, heart meds, seizure meds, stomach meds, or anxiety meds you should take these in the morning with a small sip of water. **DO NOT TAKE DIABETES MEDS, WATER PILLS, OR VITAMINS!** The nurse will be happy to review your medications with you before surgery.
 4. Please take a bath or a shower prior to coming to the Surgery Center. Pay special attention to the surgical site and finger/toe nails.
 5. After bathing do not use any oil, lotion, powder, perfume, after shave, or makeup. You may use deodorant and you may brush your teeth.
 6. Wear clothes that you can get on and off easily. No boots or jeans.
 7. No finger nail polish except clear. No toe nail polish for knee, foot or ankle surgery. Acrylic nails are allowed as long as the polish is clear.
 8. Leave all jewelry at home, including wedding rings. No contact lenses, wigs, hairpieces, or hair clips.
 9. If you have not done so, you will need to bring your drivers license and insurance card. Leave all other valuables at home. No cell phones allowed past the waiting room by patient or family members. No picture taking allowed in any area!
 10. **You must have transportation home from the Surgery Center and someone to stay with you for the first twenty-four (24) hours.** This must be a responsible adult.
 11. Do not bring small children to the Surgery Center. Children under the age of 13 are not allowed in pre-op or recovery room. **We do not** provide babysitting services.
 12. Parent or legal guardian of a minor child having surgery, must remain on the second floor at the Surgery Center at all times.
 13. Our goal is to make your procedure or surgery experience at Outpatient Surgery Center of St. Augustine a safe and pleasant one.
 14. **I have received and reviewed Patient DVT information.**
- If you have any questions or comments please call 904-209-1400.

Patient _____ Witness _____