



Houma Outpatient Surgery Center, AAAHC ACCREDITED

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## **Post Surgical Deep Vein Thrombosis**

Our surgical team, along with your physician, work very hard to keep you safe during the course of your surgical care. Any surgical procedure increases your risk for deep vein thrombosis (DVT). Even though we have determined your risk for developing deep vein thrombosis to be very low, we wish to educate you about this condition; and how we, along with your help, can prevent the occurrence of deep vein thrombosis.

According to the American Heart Association, DVT affects up to 2 million Americans each year. Of those affected, up to 200,000 will die each year from the condition; more than AIDS and breast cancer combined. Awareness of the risk factors, along with appropriate preventative measures can greatly reduce the incidence of DVT.

DVT occurs when a thrombus (blood clot) forms in one of the large veins, usually in the lower limbs, leading to either partial or complete circulation blockage. Symptoms of DVT include swelling and/or pain in the legs and/or shortness of breath. If left untreated, the clot has the potential to move into the lungs and block circulation to this vital organ, creating a life-threatening condition called a pulmonary embolism which requires IMMEDIATE attention.

Certain individuals may be at higher risk for this condition, but it can occur in almost anyone.

Additional risk factors include, but are not limited to:

- Restricted Mobility
- Cancer, Heart, Respiratory issues
- Oral Contraceptive use
- Hormone therapy; including over-the-counter drugs
- Advanced age
- Certain heart, or respiratory issues
- Major surgery requiring general anesthesia
- Family history of DVT or clotting disorders.

*More information is available at [www.preventdvt.org](http://www.preventdvt.org)*

HOSC, along with your physician, will use every preventive measure available including anti-embolic stockings and compression sleeves during surgery. We need your help after surgery.

- Getting out of bed, moving around, and flexing your legs often following your surgery, including immediately after is **the most important thing** you can do to prevent DVT.
- Notify your physician AND go to the nearest emergency room if you develop leg pain, leg swelling, and/or shortness of breath or chest pain during your recovery.

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Signature

Date