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Preventing Blood Clots After Surgery

Deep vein thrombosis, or DVT, occurs when a blood clot forms in one of the deep veins of the body. This can happen if a vein becomes damaged or if the blood flow within a vein slows down or stops. While there are a number of risk factors for developing a DVT, a significant one is having major surgery. Below are recommendations to follow:

Baby Aspirin

Aspirin 81 mg (baby aspirin) is required to be taken twice daily for 2 months starting the day after surgery unless otherwise instructed by Dr. Barronian's Team.

Calf Pumps

Point toes on both feet towards the ceiling and then towards the floor 10 times every 30-45 minutes while awake.

Walking

Get up and walk at least 10 steps every 60-90 minutes while awake with any necessary walking devices (walker, cane)

Some symptoms of DVT can include severe increase in pain and swelling in the lower leg, especially in the calf, in association with noticeable color change other than bruising.

If a blood clot leaves the leg and travels to the lungs, symptoms can include sudden onset of chest pain, shortness of breath and/or coughing.

If you experience the above symptoms, please contact your surgeon's office or the on-call team if it is after business hours.

Dr. Barronian's team: (360) 637-3187, ext. 3187.