

Dear patient;

The present training pamphlet is aimed at getting you acquainted with your disease, its symptoms, its therapy methods and approaches of prevention, in order to prevent further infections.

Did you know that ...

Blood clots are formed in deep veins of more than 50% of the patients receiving pelvic or knee surgery and of 10- 40% of the patients receiving abdominal or chest surgery.

Did you know that ...

The most important consequence of clot formation in legs is pulmonary embolism

Did you know that ...

Pulmonary embolism is the third common reason of death following heart attack and brain stroke.

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Did you know that every day, a great number of patients suffer from Deep Venous Thrombosis (DVT) due to not walking after surgery and bed rest in hospital, and that they are exposed to pulmonary embolism and death?

Whereas ...

It is possible to prevent this type of disorder by following the instructions below.

How to Prevent Clot Formation

- In order to prevent clot formation in deep vessels, you have to move your hands and legs in bed until you are allowed to walk.
- Usually, you are allowed to step out of the bed just one day after surgery. You should walk to prevent clot formation.
- Walking means step forward and moving from one place to another. Sitting on a chair is not meant to be walking.
- First, sit on the bed and hang your legs out of it. If you do not feel vertigo, then step out of the bed.
- If you feel vertigo, call the nurse and ask him/ her to check your blood pressure and give the permission to walk.

If You Have Surgical Drain ...

Make sure that the drain is fixed at its place by stitches. Then, do not worry about its protruding.



If You Have Urinary Catheter

Do not worry about it because the catheter is fixed at its place. You can walk holding the drainage bag in your hand.

If You Are Receiving Infusion Solution

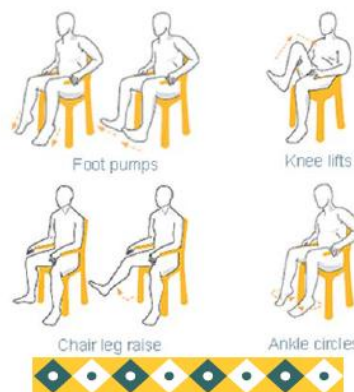
Ask your nurse if it is possible to remove the infusion solution for some time so you can walk. Otherwise, hold the solution container in your hand or locate it on an axle and then, walk.

- If you have to sit or stand up for a long time, wear tight rubber socks, which can keep your leg vessels under pressure and prevent clot formation (anti-embolus or anti-varicose socks). However, you have to consult with your physician, previously.

Did you know that timely walking and bed physical exercises after surgery not

only prevent blood clots formation in deep vessels of leg, but also accelerate your recovery and cause you be discharged from hospital, sooner.

So, do not bring up any excuse for walking and if you are allowed, step out of the bed and walk as soon as possible; even just right now.



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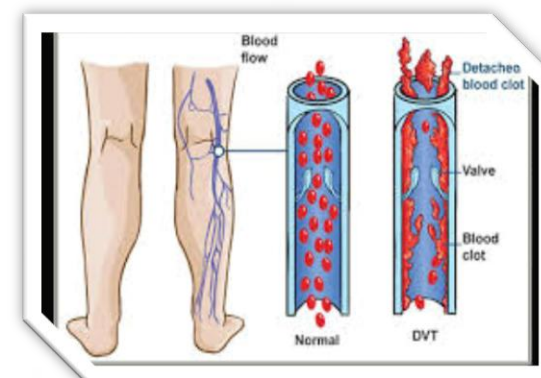
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Mashhad University of Medical Sciences

School of Nursing and Midwifery

PATIENT TRAINING



**PREVENTION OF DEEP
VENOUS THROMBOSIS**

DVT

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