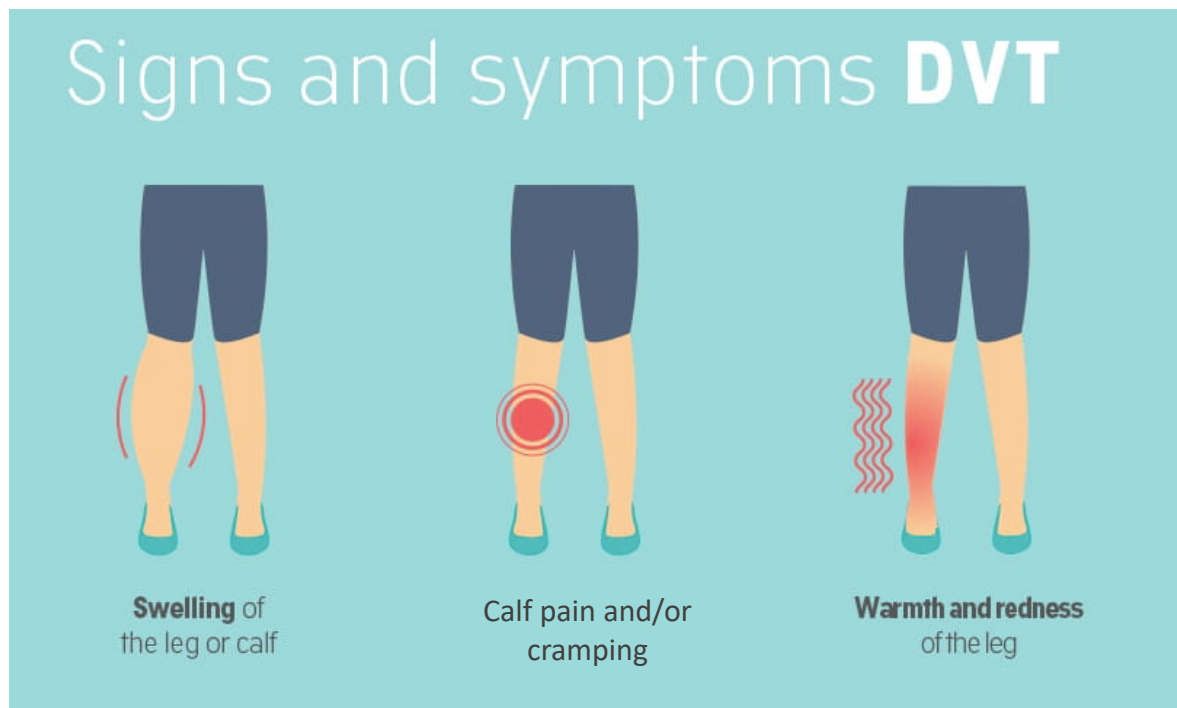


Foot and Ankle surgery poses an increased risk of forming a blood clot in the veins of your leg. These clots are called Deep Vein Thrombosis aka **DVT**. Veins carry blood away from your leg back to heart. If a clot becomes large it can cause symptoms such as calf pain, calf cramps, leg swelling and warmth/heat in calf. **If you begin to develop these symptoms please let us know so an ultrasound can be ordered.** DVT's are easily treated if identified early. In extremely rare instances a clot can break loose and travel to your lungs. This is called a Pulmonary Embolus aka **PE**. A PE is an emergency that may lead to hospitalization and even death.

We aim to prevent DVT's by providing anticoagulation medication aka blood thinners such as Aspirin 81mg twice a day. We also encourage calf massage to help blood flow (this is often difficult while splinted or casted). As soon as walking and ankle motion begins blood flow resumes in a normal pattern and no more blood thinners are needed.

Other risk factors for DVT include

- Personal or Family history of DVT
- Obesity
- Oral Birth Control or Estrogen
- Pregnancy
- Recent or Current Malignancy (cancer)
- Leg/Ankle Fracture
- Ankle immobilization in splint or cast



If you notice these symptoms please call us