

Blood Clot Information

Preventing Blood Clots:

- Ambulate one time per waking hour
- Keep your leg 6 inches above your heart
- Wear the compression stockings as advised by your provider
- Change your position as often as possible
- Do not stay sitting or standing in the same position for more than 1 hour at time
- Do not cross legs
- Take your blood thinner as directed

Warning Signs of Possible Blood Clots:

- Pain in your calf and leg
- Tenderness in your calf
- Redness in your calf
- Swelling of your thigh, calf, ankle or foot
- Reddish or bluish skin discoloration
- Leg that is hot to the touch

Warning Signs of Pulmonary Embolism:

(signs that a blood clot has traveled to your lung include)

- Sudden shortness of breath
- Sudden onset of chest pain
- Localized chest pain with coughing

If you are experiencing these symptoms during or after business hours please call the Colorado Joint Replacement main line at 720.524.1367 or seek help immediately by going to an Emergency Room or calling 911