

If you require further advice or  
are not sure then please  
contact your GP or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Clot Prevention After Lower Limb Immobilisation

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Blood clots or venous thromboembolism (VTE) can be a complication of having a limb immobilised in a plaster cast, splint or protective boot.

Blood flowing in veins is normally helped along by walking because muscle action squeezes the veins.

This does not happen as well, when your leg is immobilised which can increase your risk of blood clot forming.

1 in every 50 people will develop a clot.

### Patients at Risk of VTE

Certain patients are more at risk of VTE such as:

- Body mass index of over 30.
- Previous history or family history of VTE.
- Age over 60.
- Pregnant or recently pregnant.
- Active cancer.

Patients in the above groups who are not at risk of bleeding will be offered medication to reduce the risk of VTE.

### Medication to Reduce the Risk

This hospital prescribes daily injections of Clexane for those patients who are at higher risk of VTE.

You need to continue the Clexane until the plaster cast or splint are removed so this could be for several weeks.

Before you go home from the Emergency Department you will be shown how to inject yourself.

Alternatively if you would rather a relative can do the injection for you.

### Recognising VTE

Symptoms that can suggest a clot include:

- Area affected by the blood clot may become swollen or painful and possibly turn red or feel hot to touch.
- Sometimes bits of clot can break up and lodge in the lungs causing a pulmonary embolus (PE) causing chest pain, difficulties in breathing and/or coughing up blood.

If you experience such symptoms you should phone 111 for advice

### Preventing VTE

It is difficult to predict who will get a blood clot.

There are steps that can help to reduce your risk:

- Drink plenty of fluids.
- Stop smoking - this will also help with bone healing.
- Mobilise as much as possible.
- Try and wiggle your toes while lying in bed. Do this for 10 seconds and as often as you can. This promotes blood flow.
- If the cast is below the knee then you should regularly bend and straighten your knee.
- Actively try to contract the muscles of your calf and thigh. Again do this as often as you can.