

Deep Vein Thrombosis

Blood clots may form after a brain injury because of decreased blood flow and movement in the legs. This becomes less common after a person has begun to get out of bed and is exercising.

Signs of DVT

- Swelling, one arm or one leg bigger than the other
- Redness, pain, hot or warm areas in the legs
- Lumpy or hard spot over or near a vein
- Low fever (99.F - 101.F) with no other signs of infection

Treatment for DVT

If you think a DVT is present, call the doctor right away.

- Stay in bed and keep the leg straight.
- Do **not** rub the area or exercise it.
- Do **not** put pillows under the knee area.
- Remove tight shoes and clothing.

Preventing DVT

The ways to **prevent** ever having a DVT are:

- Do range of motion exercises every day
- Wear TED hose if they have been ordered by your doctor
- Stay as active as possible
- Drink 6-8 glasses of water a day
- Cut down or stop smoking in order to improve circulation
- Do not strain during a bowel movement
- Check the legs for signs of DVT every morning before getting out of bed
- Do not wear tight garters, girdles, tight jeans, socks or knee high boots