

## *Deep Vein Thrombosis (DVT) Prevention Program*

Dr. Carll had identified that your health history contains certain risk factors that have been associated with Deep Vein Thrombosis (DVT). In order to help prevent the development of this condition post-surgically, Dr. Carll has prescribed a mechanical DVT prophylaxis (preventative) unit with intermittent limb compression (an SCD).

### **What is a DVT?**

DVT is a condition that occurs when a blood clot forms in a vein located deep inside your body. Deep vein blood clots typically form in your thigh or lower leg. The decrease in activity and movement during and after surgery increases the risks of developing DVT.

How does a mechanical DVT prophylaxis unit with intermittent limb compression (SCD) help?

The SCD will promote improved circulation and does not usually become a solid (clot). Blood flow in the leg veins is helped along by leg movements, because muscle action squeezes the veins. The prescribed mechanical device will act as a temporary replacement for usual activity.

### **How often should I use the SCD?**

You will receive the SCD per your insurance guidelines. It is recommended that you use the SCD for a **minimum of 2 hours** every day until you are fully mobile.

The active mode, where the device inflates and gently compresses the legs, will run for about 15 minutes each time you press the power button. Therefore, you should use it a minimum of 4 cycles PER LEG per day. You may choose to do so in one continuous session if you will be awake but inactive for a long period of time, or break up the treatment throughout the day.

There is no risk of "over-use" of the device. Increased active use of the SCD (with the compression on), especially during long periods of inactivity, may continue to lower your risk of DVT.

### **Is there a best time of day to use the SCD?**

It may be helpful to use the SCD in the morning after waking to promote blood flow in the limbs that have been inactive for an extended period. Throughout the day, any time you will be inactive for a prolonged period of time (such as watching television, reading a book, etc.) is a good time to consider using the SCD.

### **Is it painful?**

The SCD therapy is fairly gentle and may even be pleasant, like a light leg massage. **If the therapy becomes painful, or you notice unusual swelling in your legs, contact our office immediately at 469.998.2273.**