

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 a time
- Do not cross your legs

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 that does not decrease with ice and elevation
- Reddish or bluish skin discoloration, this can be confused with surgical bruising
- Leg that is hot to the touch

Warning Signs of Pulmonary Embolism:

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

- 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 Raleigh Orthopaedic Clinic at 919-781-5600 and use extension 5043 to reach Dr. McNabb's office. After hours please call 919-781-5600 and leave a message for the on call provider.