

VenaFlow® Elite / Intermittent Pneumatic Compression Pumps



During and after your surgery you may be asked to wear sleeve-like cuffs around your legs or feet. The cuffs are attached to an air pumping device, which will inflate the cuffs to an optimum pressure. As the cuffs inflate you will feel a squeezing sensation which is similar to a massage.

The squeezing of your calf or feet will promote normal blood flow as if you were walking. This is very important as it prevents your blood from clotting. At first it may feel a little strange but you will quickly grow accustomed to it and many patients report that they find it reassuring knowing that it is helping to prevent a DVT or PE.

Please wear the device as much as you are able, the more you wear it the greater the protection from DVT and PE. You should wear the VenaFlow Elite cuffs whenever you are sitting, lying down or sleeping. It is fine to disconnect the cuffs at anytime should you wish to get out of bed to walk around. It is advisable to reconnect them as soon as possible.

Please make sure you ask a member of staff to help you disconnect the cuffs and also reconnect once ready.

VenaPure® / Anti-Embolism Stockings

The anti-embolism stockings are designed to improve circulation. You may be asked to wear these stockings or something similar. It is very important that you continue to wear VenaPure for as long as directed by the healthcare professional caring for you. This may be up to 6 weeks after your surgery.

Anti-embolism stockings work by gently compressing the veins in your legs, thus increasing blood flow and additionally preventing the veins in your legs from expanding.

The nurse looking after you will measure your legs to ensure you are provided with a well fitting stocking. The nurse will remove the stockings each day to check your legs and then ensure they are put back on to help prevent a DVT or PE.

The stockings will be changed every 2-3 days.

We wish you a safe and speedy recovery!



DJO Global | 1a Guildford Business Park | Guildford | Surrey
GU2 8XG | UNITED KINGDOM
www.DJOglobal.co.uk



Together in Motion™

AIRCAST®

Preventing Deep Vein Thrombosis & Pulmonary Embolism

PATIENT INFORMATION

© 2014 DJO - GFX-000738A-EN - Rev A



You have been given this leaflet because you are about to spend time in hospital.

It contains important information about certain risks associated with blood clots that might occur in hospital and how they can be avoided.

What is deep vein thrombosis (DVT) and pulmonary embolism (PE)?

A thrombosis is another name for a **blood clot**, which naturally forms to prevent us from bleeding excessively. Once ready, the body will automatically break down this clot. Unfortunately sometimes these clots will occur in the deep veins of the body, especially the leg and cause a medical condition called **Deep Vein Thrombosis (DVT)**.



DVTs can often slow down blood flow in that area and cause other complications. Sometimes these clots break off and travel along the veins and become lodged in the arteries of the lungs. This is potentially a serious condition known as a **Pulmonary Embolism (PE)**. Only a small amount of patients develop a PE, but it is important to follow the advice provided by medical professionals to prevent this from happening.

DVTs are recognised as a major health risk in hospitals around the world, so during your stay in hospital you will receive clinically proven products to help prevent DVT and PE from happening.

What are the signs and symptoms of DVT/PE?

The majority of people will have NO signs or symptoms which is why it is so important to prevent DVT and PE.

However if you experience any of the following, contact a medical professional immediately:

- Unexplained pain or tenderness in the calf
- Swelling in the leg
- Hotness and/or redness of the leg
- Shortness of breath
- Chest pain on breathing in
- Coughing up blood

Alert a member of staff immediately if you encounter any of these symptoms

Am I at Risk?

There are a number of risk factors for developing a DVT or PE. Admission to hospital can increase the risk, especially if you are undergoing a surgical procedure or if you are so unwell you are confined to bed for a long period of time.

Other factors may include:

- Heart or respiratory failure
- Cancer and treatment for cancer
- Immobility
- Pregnancy
- Certain contraceptive pills
- Hormone replacement therapy
- Previous history of DVT/PE
- Having an anaesthetic

In addition, there may be personal factors which could elevate your risk and these should be discussed with the medical practitioner.

How can I reduce my Risk?

There are a variety of ways to reduce your risk:

- Maintain a healthy weight
- Keep hydrated, drink plenty of fluids unless advised otherwise
- Keep mobile prior to the surgery and as early as possible after the procedure
- Stop/reduce smoking
- Talk to the medical professional if you are on contraceptive pills or HRT
- Wear anti-embolism stockings and compression cuffs for the time advised by the hospital staff. This will sometimes continue after you are discharged from hospital
- Remember to ask any questions if something doesn't make sense. The nurse looking after you will be pleased to help



Continuing Care upon Discharge from hospital

You may still be at risk of developing a DVT up to 6 weeks after leaving hospital.

Depending on your risk factors, you may be prescribed continued use of the anti-embolism stockings and possibly anticoagulant drugs. Your medical professional will be able to advise you on how long this will be for. You will also be advised about exercise, physiotherapy and constant hydration.