



LONGVIEW ORTHOPAEDIC CLINIC ASSOCIATION

Personalized Medicine. Quality Care.

Blood Clots

Blood clots can kill you so we take them very seriously. They can obviously ruin your day but they will ruin mine too! Signs include tightness or pain in either calf. If this occurs call and we will set up an ultrasound. If it is not during the day you may have to go to an E.R. to get it done. With this it is better to be safe than sorry. If a clot has gone to your lungs (you don't have to have symptoms in your legs) you may feel short of breath, excessively tired, or just feel "different" in some way. This is because your oxygen level is dangerously low. GO TO THE E.R. IMMEDIATELY!

These can occur with any lower extremity injury or surgery. Most commonly, they occur with total hip or total knee replacements. Lack of normal muscle contraction is a big contributing factor. So that is why we encourage getting up and walking soon after surgery. If you are not up and walking then move your toes and ankle every time a commercial comes on!

I'm sure there is plenty of useful information found on the internet also.