

Blood clot prevention in
patients wearing lower
limb plaster casts or non-
weight bearing boots

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Patient information

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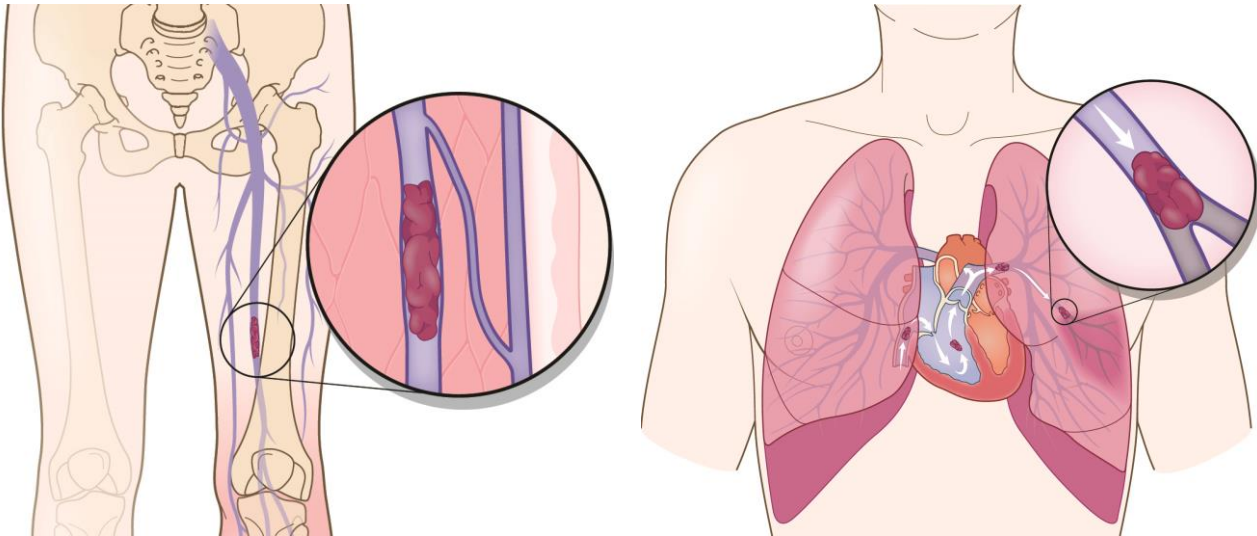
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What you should know

When patients wear a lower limb plaster cast or non-weight bearing boot, they are at risk of developing a blood clot.



Legs

Deep Vein Thrombosis (DVT). Common symptoms include pain in the legs and/or thighs, swelling and redness.

These clots can break off and travel to the lungs.

Lungs

Pulmonary Embolism (PE). Common symptoms include coughing, chest pain, shortness of breath and blood in phlegm.

Note: If you get any of these symptoms either in a hospital or after you go home, please seek medical advice immediately.

Prevention

To help try and prevent blood clots from occurring, you have been started on a blood-thinning injection called Clexane. If you are already taking a blood thinner such as Warfarin, Rivaroxaban, Apixaban, Dabigatran or Edoxaban, please notify the nurse and/or doctor.

Clexane is an injection that you will give into your abdomen once per day. It is given for six weeks, or longer if you are still unable to properly weight bear. The nurses will demonstrate how to give this. It can itch and/or sting for a short while, but please do not rub the area.

Clexane blood thinning injection



A sharps bin will provided within the patient going home pack.



It is very important that you receive this injection every day until you are told to stop this by the orthopaedic doctor that you will see in follow-up clinics.

What can I do to help myself?

Keep as mobile as possible whilst not weight-bearing. Once the doctors tell you to start to weight-bear, it is very important that you do so. If you are finding this difficult, you may need to continue the blood thinner for longer. Please contact your doctor to let them know.

Drink plenty of fluids to keep yourself hydrated. Remember, if you experience any of the symptoms on page 2, please seek medical advice immediately.

Where can I find more information?

Please ask your doctor or nurse for more information.

Alternatively, the NHS choices website provides patient information on VTE:

<https://www.nhs.uk/>

Thrombosis UK: <https://thrombosisuk.org>

Useful web addresses

PALS: www.westhertshospitals.nhs.uk/patientexperience/pals.asp

Hospital information: www.westhertshospitals.nhs.uk

Saba parking: www.sabaparking.co.uk/app

If you have a medical query, please contact 111, your GP or visit Accident and Emergency.

How to contact us

Watford General Hospital
Vicarage Road
Watford
Hertfordshire WD18 0HB
Hospital switchboard: 01923 244366

PALS

If you need this leaflet in another **language, large print, Braille or audio version**, please call **01923 217198** or email westherts.pals@nhs.net.



Language



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Concerns, complaints or suggestions

If you are unhappy with your experience or would like to give feedback, please contact our Patient Advice and Liaison Service (PALS). PALS is available to patients, relatives, carers and friends to raise concerns.

For more information, please scan the QR code or visit our [website](#).

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