



UROLOCARE HOSPITALS

(Pty) Ltd. Reg. No/nr. 2001/005764/07

DEEP VENOUS THROMBOSIS

Home Education

1. Your doctor will give you medicine to thin your blood (called an anticoagulant)
2. Medication to take home, must be completed
3. Wear circulation socks 4-6 weeks from discharge
 - Wash socks with soap and water
 - Dry, but do not tumble dry
 - To be put on before getting out of bed in the morning
 - Make sure that there are no folds
 - Socks must be pulled up high
 - Use baby powder to assist you when putting on the socks.

Phone your doctor if any of the following occurs

- Changes in skin colour (redness)
- Leg pain
- Skin that feels warm to the touch
- Swelling of a limb (edema).

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