

Blood Clots

Blood clots can kill so we understandably take these very seriously. Signs of a blood clot can include tightness in your calf (either one). If this occurs, notify us and we will order an ultrasound to rule this out. If it is not during the day, you may have to go to the ER to get it done. With this it is better to be safe than sorry. If a blood clot goes to your lungs (you don't have to have the symptoms in your calves) you may experience shortness of breath, extreme fatigue, or just feel "different" in some way. This is because your oxygen level is dangerously low. **GO TO THE ER 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!

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