



Understanding Deep Vein Thrombosis (DVT): What You Need to Know

If you are recovering from a foot or ankle injury or surgery, especially with limited movement or immobilization, you may be at a temporarily increased risk for a condition called Deep Vein Thrombosis (DVT). DVT is the formation of a blood clot in a deep vein, usually in the leg. Recognizing the signs early is important, as a DVT can lead to serious complications if not treated promptly.

Common Signs of DVT:

- Swelling – Usually in one leg, often sudden.
- Pain or tenderness – Often starts in the calf and may feel like cramping or soreness.
- Red or discolored skin – The affected area may look red or purplish.
- Warmth – The skin over the clot may feel warmer than surrounding areas.
- Vein visibility – Superficial veins may become more visible or engorged.
- Heaviness or fatigue in the limb – Especially after standing or walking.

Less Common Signs:

- Skin that is pale or bluish, especially in more severe cases.
- A low-grade fever.
- Symptoms in both legs (rare; usually due to other causes).

Seek Immediate Medical Attention If You Experience:

- Sudden shortness of breath.
- Chest pain that worsens with deep breathing or coughing.
- Rapid heartbeat or palpitations.
- Coughing up blood.

If you notice any of the symptoms listed above, contact your healthcare provider immediately or go to the nearest emergency room. Early diagnosis and treatment can prevent complications such as pulmonary embolism. Your podiatry team will guide you on how to reduce your risk of DVT during your recovery, including suggestions for safe movement and, if appropriate, the use of compression or medication.

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