



DVT/PE (blood clots) in lower extremity surgery

Even after routine arthroscopy there exists up to 20% incidence of DVT (blood clot). Despite this relatively high risk, few orthopaedic surgeons currently employ routine DVT prevention after knee arthroscopy. We at Orthopaedic Specialists of NC are committed to exceeding the current standard of care by providing you this information and treatment alternative.

While this risk is present for up to 45 days post-op it is greatest in the first 5 days and may be increased in the presence of:

- | | |
|---|--|
| <input type="checkbox"/> Past history DVT/PE (blood clot) | <input type="checkbox"/> BMI > 30 (BMI = Wt /Ht ²) |
| <input type="checkbox"/> Family history DVT/PE (blood clot) | <input type="checkbox"/> Varicose veins |
| <input type="checkbox"/> Oral contraceptive use | <input type="checkbox"/> Decreased mobility/ambulatory ability |
| <input type="checkbox"/> Hormone replacement therapy
(estrogen/progesterone) | <input type="checkbox"/> Personal or family history of blood disorders |

Blood tests may help determine if you are at increased risk but are not 100% effective. Also, as insurance carriers may not routinely cover prophylactic (preventive) treatment for DVT, or pre-operative screenings to determine the risks of such, ***all screening and/or treatment costs are the responsibility of the patient.***

The following options are available to patients choosing preventive measures:

- ☐ **Coumadin:** 6-12 weeks post-op treatment requiring frequent blood tests to insure adequate level.
- ☐ **Lovenox:** No standard preventative regimen exists but 7-14 days post-op is reasonable. In many cases insurance will cover 7 days of treatment, longer durations of treatment may be the responsibility of the patient.
- ☐ **Aspirin / Calf Pumping:** This is the “easiest” most readily employed means, but is also ***the least effective*** (highest rate of post op DVT/PE when compared to methods 1 and 2 above. If you choose this option we recommend aspirin 325 mg daily for 21 days post-op. Exercises will be taught at pre-op appointment.

Regardless of method chosen, it is important to regain mobility and return to previous activity level (within guidelines imposed by your surgeon) as soon as possible after surgery.

I have read above, have been counseled, understand and/or have been taught exercises. I have made choice as noted above or **elect no preventative measure.** **(initial)**

(Signature)