



# DEEP VEIN

# THROMBOSIS

Tips for Healthy Living.

## Tips to Help Prevent Deep Vein Thrombosis (DVT)

- 1. Move around** as soon as possible after having been confined to bed, such as after surgery, illness, or injury.
- 2. If you're at risk for DVT, talk to your doctor about**
  - **Graduated compression stockings** (sometimes called "support hose" or "medical compression stockings").
  - **Medication** (anticoagulants) to prevent or treat DVT.
- 3. When sitting for long periods of time**, such as when traveling for more than four hours:
  - Get up and walk around every 2 to 3 hours.
  - Exercise your legs while you're sitting by:
    - Raising and lowering your heels while keeping your toes on the floor
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    - Tightening and releasing your leg muscles
  - Wear loose-fitting clothes.
  - Drink plenty of water, and avoid drinking anything with alcohol or caffeine in it.
- 4. Exercise** regularly, maintain a **healthy weight**, and **don't smoke**.

For more information, please visit [www.cdc.gov/ncbddd/dvt](http://www.cdc.gov/ncbddd/dvt)