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