



Avoiding clots after Injury



Cork Emergency Medicine

What is a DVT?

A Deep Vein Thrombosis (DVT) is a blood clot in a vein, which is commonly found in the leg. When it occurs it may cause pain, redness, tenderness and swelling around the site of the clot. If it travels to your lungs (Pulmonary Embolism, PE) it causes chest pain, shortness of breath and it can cause you to collapse.

What is my risk of a DVT?

The chance of a healthy adult developing a clot in their leg is about 1/1000. After an injury requiring immobilisation in a cast or boot this risk increases to 1/100.

Do I need treatment to prevent a clot?

The Emergency Medicine team looking after you will ask you some questions to assess whether you may benefit from blood thinner treatment while you are wearing your cast or boot.

What is the treatment required?

Blood thinner tablets, in general, are advised as the first line of protection against clots: usually Rivaroxaban or a similar drug.

Let your doctor know if:

- You have an allergy to blood thinners
- If you ever experienced abnormal blood test results after being given heparin
- If you suffer from a bleeding disorder
- If you are taking other blood thinners or antiplatelet medications (like aspirin or clopidogrel)
- If you are or intend to become pregnant.

If you are concerned, please contact the Emergency Department you first attended:

Mercy University Hospital
(021) 230 5011

M-UCC at (St. Mary's Health Campus)
(021) 4926900

CUH
(021) 4920200

Local Injury Unit Mallow General Hospital
(022) 58506

Bantry General Hospital
(027) 52900



Are there side effects from blood thinners?

Most commonly:

- Spontaneous bruising
- Bleeding from wounds which can take longer to stop than normal
- Pain, itch, bruising or bleeding, redness, swelling, nodules or hard lumps, under your skin where the injection was given

Rarely:

- Allergic reaction
- Significant internal bleeding

Seek medical advice if you develop:

- Red or brown urine
- Black tarry stools
- Painful, large or dark bruises
- Bleeding from your nose or mouth or any wound that will not stop

Can I still develop a clot?

If you develop worsening:

- Swelling
- Pain
- Redness of the leg or
- Chest pain or shortness of breath

Despite appropriate treatment for your injury you should seek further medical assessment. If you were to develop a clot despite these preventative measures your blood thinner would need to be increased in both dose and duration.

Content modified from <http://www.iaem.ie/wp-content/uploads/2019/04/IAEM-Thromboprophylaxis-PIL.pdf> by Dr Íomhar O'Sullivan on 30/04/2024.

If you are concerned, please contact the Emergency Department you first attended:

Mercy University Hospital
(021) 230 5011

M-UCC at (St. Mary's Health Campus)
(021) 4926900

CUH
(021) 4920200

Local Injury Unit Mallow General Hospital
(022) 58506

Bantry General Hospital
(027) 52900

