

NIPAWIN HOSPITAL

THROMBOPHLEBITIS/PHLEBITIS

DESCRIPTIONS:

Thrombophlebitis is inflammation of a vein, often formed by clot formation.

INSTRUCTIONS:

- Avoid use of harsh soaps.
- Don't rub or massage extremity.
- Keep warm and avoid exposure to extremes in temperature.
- Avoid constrictive clothing such as garters, girdles, underwear with elastic groin bands and knee high or ankle stockings with elastic tops.
- Avoid weight gain.
- Build exercise tolerance up by walking more each day (increase to 1 - 2 miles).
- Avoid standing for long periods.
- Alternate position on toes then heels. Change every 15 minutes.
- Elevate legs every 10 minutes when sitting and flex calf muscles.
- Avoid crossing legs at knees.
- If redness, swelling, pain or cramping occur contact doctor.
- Avoid taking over the counter medications without checking with your doctor.