

## Compliments, comments & complaints

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### Customer Services Department

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## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

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# Deep Vein Thrombosis Information & Advice



## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

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Supporting people to be Safe, Well and at Home

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## What is a deep vein thrombosis (DVT)?

A DVT is the medical term for blood clots in the deep veins of the leg.

If a blood clot forms inside a deep blood vessel, it can clog the vessel and keep blood from getting where it needs to go. When that happens to one of the veins deep within the leg, blood can back up and cause swelling and pain.

Another problem with blood clots in veins is that they can travel to other parts of the body and block blood vessels in the lungs. This can make it hard to breath and can be serious.

## What are the symptoms of DVT?

- Swelling
- Pain
- Warmth and redness in the involved leg

If the practitioner considers you might have a DVT after their assessment they will refer you to the Emergency Department or DVT Clinic for further investigation and tests.

## Can I do anything on my own to prevent blood clots?

People sometimes form clots because they have been sitting still for too long.

People who travel on long haul flights are at increased risk of blood clots.

Here are a few things you can do to help prevent a clot during a flight:

- Stand up and walk around every 1 - 2 hours.
- Do not smoke just before a flight.
- Wear loose, comfortable clothes.
- Shift position while seated, and move your legs and feet often.
- Drink plenty of fluids.
- Wear knee-high compression stockings.
- Avoid alcohol and medicines that make you sleepy.

Sometimes clots form in the veins that are closer to the surface of the skin, called superficial veins.

Those blood clots cause a different set of symptoms. Blood clots in the veins near the surface of the skin are more painful and cause redness or infection.

These clots sometimes also cause the veins to harden and bulge into ridges that look like cords. This is most common with the veins below the knee.

Blood clots in the veins near the surface of the skin are less dangerous.

If you think you have a blood clot please see your General Practitioner.

**Please attend the Emergency Department if you suffer any of the following:**

- Panting, shortness of breath or trouble breathing.
- Sharp, knife-like chest pain when you breathe in or strain.
- Coughing or coughing up blood.
- A rapid heartbeat.