

## DVT Prophylaxis

Protocol for Plastic Surgery based upon NICE guidelines

- All patients get Thigh length TEDS (unless got Peripheral Arterial Disease or Diabetic Neuropathy)
- Bi-lateral below knee TEDS if thigh area to be used as donor site.
- All patients get Intermittent Pneumatic Compression Boots in theatre if having a GA
- Add in Deltaparin if have one of the risk factors below.  
To be prescribed for 10pm on the night of surgery and then subsequently at 10pm until discharged.

### Patient-related risk factors for DVT

- Active cancer or cancer treatment
- Active heart or respiratory failure
- Acute medical illness
- **Age over 60 years**
- Antiphospholipid syndrome
- Behcet's disease
- **Burns requiring resuscitation / lower limb burns**
- Central venous catheter in situ
- Continuous travel of more than 3 hours approximately 4 weeks before or after surgery
- Immobility (for example, paralysis or limb in plaster)
- Inflammatory bowel disease (for example, Crohn's disease or ulcerative colitis)
- Myeloproliferative diseases
- Nephrotic syndrome
- **Obesity** (body mass index = 30 kg/m<sup>2</sup>)
- Paraproteinaemia
- Paroxysmal nocturnal haemoglobinuria
- **Personal or family history of DVT**
- Pregnancy or puerperium
- Recent myocardial infarction or stroke
- Severe infection
- Use of oral contraceptives or hormonal replacement therapy
- Varicose veins with associated phlebitis
- Inherited thrombophilias, for example:
  - High levels of coagulation factors (for example, Factor VIII)
  - Hyperhomocysteinaemia
  - Low activated protein C resistance (for example, Factor V Leiden)
  - Protein C, S and antithrombin deficiencies
  - Prothrombin 2021A gene mutation.

- All patients given written information on discharge for the signs and symptoms of DVT and PE