



Complications from blood clots (Post Thrombotic Syndrome)

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What is post thrombotic syndrome (PTS)?

Most patients with deep vein thrombosis (DVT) or pulmonary embolus (PE) fully recover. However, some long term problems may occur. PTS (also known as post thrombotic syndrome) is one of the most common chronic (long-term) complications of DVT in children. This condition happens as a result of the blood clot blocking blood flow through the blood vessels causing damage and high pressure.

What are symptoms of PTS?

- Swelling
- Pain/tenderness
- Discoloration of the skin
- Dry/itchy skin over affected area
- Ulcers (sores)

How can PTS be prevented/treated?

- Treating the clot right away with an anticoagulant medication (blood thinner) is the best way to decrease the chance of PTS developing.
- Compression stockings may be used to help control the swelling and pain.
- In severe cases, your doctor may prescribe pain medicines.

What should I do if I think my child is has PTS?

Discuss with your child's doctor so that appropriate treatment may be started.

Will I get another blood clot?

It is not possible to say for sure whether you will develop another blood clot or not. One of the most important things you can do to prevent blood clots is to know your risk.

If you are at high risk of getting a blood clot, here are some things you can do to prevent it:

- Drink plenty of fluid to stay well hydrated.
- Avoid any kind of birth control (pills, patches, rings) that contains estrogen.
- If taking a long trip (car or plane), take frequent breaks and walk around.
- If you smoke, you should QUIT or decrease the amount that you smoke.
- Maintain an ideal body weight.