

## RECOMMENDED GUIDELINES FOR USING YOUR DVT PUMP AT HOME

Please Read the Instructions for Use, including all Warnings and Precautions, and the Patient Instruction Guide provided with your DVT Pump.

1. The DVT Pump can only help prevent blood clots if you use it.
2. Nothing can guarantee you will not get a blood clot (also called DVT), but compression pumps have been shown in numerous Hospital studies to dramatically reduce the risk.
3. Your risk of getting a blood clot is highest during and just after your surgery. Your risk goes down with time and the quicker you get back to normal activity, as approved by your physician.
4. In general, you should be using your DVT Pump anytime you are sitting, resting or lying down.
5. The DVT Pump should also be used when you go to sleep.

- ✓ **Pay special attention the first 10 days after your surgery:**  
*Hospital studies have shown that patients who used their pump for 6 to 18+ hours per day after surgery had the lowest DVT rates.*
- ✓ **Your risk of blood clots is based on your type of surgery and other medical conditions:**  
*Read the patient education guide, "How you can Help Prevent Life Threatening Blood Clots" for more information of risk factors.*
- ✓ **The more risk factors you have, the more hours and the more days you should use the DVT Pump.**
- ✓ **The DVT Pump has been prescribed and provided to you for at least 1 month. Your risk of blood clots can last that long or even longer.**

### Additional Information:

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[Physician should note Patient Risk Factors as needed]

- Check your legs regularly for any skin problems or irritations.
- Technical support for your DVT Pump is provided by the Manufacturer at 888.577.0712 Call them first.
- All Medical concerns should be directed to your Doctor's Office.