

Post-Thrombotic Syndrome

What is post-thrombotic syndrome?

Post Thrombotic Syndrome or PTS is a complication of deep vein thrombosis (DVT). (See the BC Children's Hospital "Deep Vein Thrombosis" leaflet). Post-thrombotic syndrome occurs when a blood clot doesn't go away completely or when the blood vessel has been scarred after the blood clot goes away.

After a blood clot has formed the body compensates by creating other vessels for blood to flow through in order to get around the clot. Once the clot is gone the blood may start flowing through the vessel again but sometimes it doesn't.

What does PTS feel like?

Symptoms affect the limb that has or had the clot. Symptoms vary from person to person. You might experience:

- Puffiness or soreness.
- The affected limb may be wider than the other.
- The skin in the area may be a blue or purple color.
- The superficial veins in the area may be more prominent.
- The affected limb may be cooler or warmer to touch than the other.

Will I get it?

You have a greater chance of getting post thrombotic syndrome if:

- Your blood clot doesn't get smaller or go away
- Your blood clot is very big and blocks many veins or arteries
- You are overweight or obese
- You are an elderly female

What does this mean for me?

Your chances of getting PTS are the same no matter where your blood clot was in your body.

If you have **pain or swelling** that bothers you around the area where the clot was, call your Hematologist.

Sometimes special socks (compression stockings) may make your arm or leg feel better. Your Hematologist can help you get these.

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