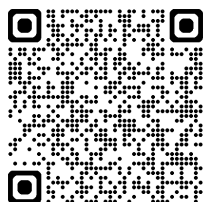


Lower Limb Immobilisation



**Information for people attending the Minor
Injury Unit**

Telephone: 01275 546852 (Clevedon MIU) | 01454 315
355 (Yate MIU) | 0117 342 9692 (Bristol MIU)



**Scan this QR code to view this leaflet
information on the Sirona care and health
website.**

Following your visit and assessment at the Minor Injury Unit (MIU), you have been advised that you need a plaster cast, splint or special support applied to your lower leg.

As a result, studies have proved patients with an immobilised leg are at an increased risk of developing a blood clot. This is called a Deep Vein Thrombosis (DVT).

What is DVT?

A DVT is a blood clot in a vein. Blood clots in veins most often occur in the legs but they can occur elsewhere in the body. The most common cause of a blood clot developing is not moving. A complication can occur in some cases where part of the clot breaks off and travels to the lung causing a Pulmonary Embolus (PE). A large PE can be fatal.

Why do blood clots form in leg veins?

Blood normally flows quickly through veins and does not usually clot. Blood flow in leg veins is helped by leg movements, because muscle action squeezes the veins. Sometimes a DVT can occur following injury and not moving because of the injury. You may not have moved your lower leg for a long time. This causes the blood flow in the veins to be slow. Slow flowing blood is more likely to clot than normal flowing blood.

Symptoms to look out for

A DVT most commonly develops in a deep vein below the knee in the calf but it can occur in the thigh. Typical symptoms include:

- Pain and tenderness of the calf or thigh
- Swelling of the calf or thigh
- Colour and temperature changes of the calf or thigh as blood that would normally go through the blocked vein is diverted to outer veins. The calf may then become warm and red.

Symptoms of Pulmonary Embolus (PE)

- Shortness of breath
- Chest pain

You **must** go to your nearest Accident and Emergency Department if you develop any of the above symptoms or have any concerns following your injury.

If you develop severe chest pain or shortness of breath then dial 999 for an ambulance.

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Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

Minor Injury Units

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

- **Bristol Urgent Treatment Centre** Minor injuries and illnesses Open 8am-8pm, 7 days a week South Bristol NHS Community Hospital Hengrove Promenade Hengrove, Bristol BS14 0DE T: 0117 342 9692
- **Yate Minor Injury Unit** Minor injuries only Open 8am-8pm, 7 days a week Yate West Gate Centre 21 West Walk, Yate BS37 4AX T: 01454 315 355
- **Clevedon Minor Injury Unit** Minor injuries only Open 8am-8pm, 7 days a week North Somerset Community Hospital Old Street, Clevedon BS21 6BS T: 01275 546852

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



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Please scan the QR code to listen to an audio version of this statement.

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