



Sequential Compression Device (SCD)

These devices have been recommended to you in order to prevent Deep Vein Thromboses (DVTs). DVTs are serious complications and can be life threatening issues from surgeries that require immobilization and limit ambulation. Along with the SCDs, you are prescribed an anticoagulant medication to assist in decreasing the chance of a blood clot.

These medications include

Aspirin
Lovenox
Plavix
Eliquis
Xarelto

It is imperative you continue to take these medications as prescribed.

How to wear your SCD

Depending on your model, it is recommended you wrap both your legs with the device. If you have a brace, you may place the device over the brace. If you have a splint or boot (like in the case of an ankle fracture) you may just wear the SCD on the non-operative leg.

When to wear your SCD

Use your SCD when you are sitting, laying or sleeping. These are opportunities when blood does not move as well in your legs which can predispose you to have a clot. For that reason, it is encouraged to use the SCD when immobilized

Settings

Depending on your model, you may have the ability to change your settings. It is encouraged to use the most compressive and frequent setting you can tolerate the most.

How Long Should You Wear the SCD

Your chance of getting a DVT can be as late as the 30-40 day mark post operatively. Because of this, it is recommended that you use the SCDs for up to 40 days post op for a joint replacement and for at least 30 days for other procedures.