

Your Blood-Thinning Injection

Enoxaparin (Clexane, Lupenox) after surgery or fracture

Your dose: **once daily**

Continue until: (☐ 14 days ☐ 28 days ☐ 35 days)

Why you need it

After hip or knee surgery, or a fracture, blood can clot in the leg veins. A clot can travel to the lungs and become life-threatening. This injection makes that far less likely.

How to give the injection

- Give it at the **same time each day**, into the fatty tissue of the tummy, about 5 cm away from the navel.
- **Alternate sides** each day — left, then right.
- Pinch a fold of skin, insert the needle straight in at 90 degrees, inject slowly, then release.
- **Do not push out the small air bubble** in the syringe — it is meant to be there.
- **Do not rub** the site afterwards.
- Dispose of syringes in a puncture-proof container, not the household bin.

SMALL BRUISES AT THE INJECTION SITE ARE NORMAL

So is a little tenderness. Alternating sides helps.

WHILE YOU ARE ON IT

Do not take anti-inflammatory painkillers (Combiflam, Zerodol, Brufen, Voveran) without asking us — together they increase bleeding. Paracetamol is fine.

Keep moving. Do your ankle pumping exercises hourly while awake, and drink plenty of water.

CONTACT US URGENTLY IF YOU NOTICE

Blood in the urine, or black or bloody stools · coughing up blood · unusual or large bruising · a severe headache · bleeding that will not stop

Go to hospital immediately if you get: pain, swelling, redness or warmth in the calf · sudden breathlessness · chest pain · coughing blood. These may mean a clot.

